



TRUE FACES OF COURAGE

Two men who faced the worst of news – but who decided to challenge themselves further for others



Paul Stewart, 32, was paralysed following a fall in the Alps four years ago. This week he undertook an Iron Man challenge

*'It's **killing** me, it really is. But I'm **comforted** by the fact I'm reaching **the end**'*

Find out how he fared • Page 63

Kevin May, 53, above, was told that he only had a year to live if he didn't get a heart transplant

*'I can remember thinking, 'I am in a bit of **trouble** here'*

Find out what Kevin's planning now • Page 4-5



UP, UP & AWAY

Adventurers flock to Docks for taste of the high life **P3**



ROMAN HOLIDAY

Bottega Wapping aims to bring a taste of Italy **P56**

Plus

All the latest as the Premier League gets underway **P63**



PROPERTY We choose some hotspots out of London + New Jubilee Mall stores unveiled



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WEATHER

26C TODAY
Partly cloudy

27C FRIDAY
Sunny

24C SATURDAY
Storms

23C SUNDAY
Partly cloudy

22C MONDAY
Cloudy

TRAVEL

TUBE & DLR

Jubilee line shut between Willesden Green and Stanmore on Sunday. The Overground is closed from Surrey Quays and Clapham Junction all weekend. No DLR service between Canning Town and Stratford International on all three days of the bank holiday weekend.

ROADS

No problems.

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Agenda

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ESTABLISHED 1998

Phlegmatic approach to bogey man

Somebody coughed in my hair. I heard it and, worse, I felt it. My hair blew in their breeze. Their germs hit the back of my neck.

There are few things as disgusting as sharing bodily fluids, by accident, with a stranger. On a scale of repulsively stressful it would be akin to discovering Boris Johnson, naked and covered in Nutella, two marshmallows over his nipples, on your bed. You'd have to burn the sheets.

I was momentarily tempted to burn my hair, or at least GI Jane it. I settled for a spritz with antibac and Evian.

Did this heinous hair crime happen in Canary Wharf? On the jam-packed

BLONDE'S EYE VIEW



ANGELA CLARKE

Jubilee line? No, this follicle fright took place far away from the madding crowd, at a sedate literary festival in Wales.

I expect people to be in my face in London. Perhaps not technically dripping off my face, but when you have so many people living and working in close proximity accidental splashes are bound to happen.

I can't bring myself to consider the possibility this wasn't a phantom phlegm volley, but a snot assault committed by a virulent attacker with no tissue.

A case of poor mucus manners, that saw me covered in bogeys. I've

bathed in salt water and Berroca just to be safe.

You just don't expect that kind of thing in the countryside. Sheep, open air, space and suspicious locals, yes. Coughing assassins, no. I was caught off guard out of the city.

In E14 I would have fought back; flung wet wipes, tutted aggressively, wiped my hands on their suit jacket. In the countryside I stumbled forwards and mumbled an apology to my air hair aggressor. Then I headed back, as fast as I could, to Canary Wharf and courage.

Follow Angela on Twitter: @TheAngelaClarke

London eye



One Direction fans shout as they wait for the band at the premiere of the film *One Direction: This is Us*, in Leicester Square on Monday

A week in London
Page 60

What our writers are talking about

■ The community, for its part, has shown that these knife crimes are a rare occurrence, committed by cowards.

Jim Fitzpatrick MP

■ They spent day one zoning in on the bachelors and then the remainder of the holiday hunting down their quarry.

Tabitha Ronson

■ The voice says: "One man dared to dream – healthcare that meets the needs of everyone, free at the point of delivery."

Giles Broadbent

■ With the brasserie named for Marylebone's old dialling code, I'm tempted to request a blower so I can phone a friend.

Jon Massey

Corrections & Clarifications

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60 Second Wharf

NEWS

Six of the best

Six more brand name high-end stores have been revealed for the new Jubilee Place extension,

News • Page 4

Sewer's dirty protest

Super sewer protesters have voiced their anger that Thames Water wants to raise bills to pay for the project.

News • Page 6

New lease of life

An area of derelict warehousing in Canning Town has been earmarked for a new enterprise hub.

News • Page 11

FEATURES

Ghost of a chance

A theatre company will be leading the audience on a merry dance in a spooky tale at The Space.

What's On • Page 12

Therapy lying down

A health therapist has developed a water bed that aims to boost wellbeing and reduce stress.

Health • Page 54

New way to Norway

More travellers are abandoning the cruise ships and finding the fjords with a fly-drive trip.

Travel • Page 58



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The jetpack joyride



JAMES PERRIN

Steve Clark, above and below, has a go on the JetLev Flyer, a jetpack experience at the Royal Docks, underneath the Emirates Air Line

EXPERIENCE

Underneath the Air Line, another opportunity to head skywards

Rob.Virtue
@wharf.co.uk

Unlike James Bond in *Thunderball* or Tony Stark in *Iron Man*, the idea of solo flying has always seemed out of reach.

But many visiting the Royal Docks lately have been staring in awe as mere mortals zip 30 feet above the water on an aqua-style jetpack.

Michael McCann brought the JetLev-Flyer, manufactured in Germany, to the site under the cable car six weeks ago.

And a qualified pilot of 11 years, Michael says nothing compares to the sensation.

"You feel like Peter Pan," he said. "I'm 54 and can't keep off it. When flying planes you're fully aware you're in an enclosed space but with this, once you've got the power going, the pack becomes weightless. It's the closest you can get to flying like a bird."

The sole distributor of the JetLev-Flyer in the UK, Michael currently has the only two jet packs in the country.

He came across the technology while Googling jet packs, expecting to find



Michael McCann: Peter Pan

the gas-propelled type seen in the 1965 James Bond film *Thunderball*.

After going to Germany to try it out Michael brought the 99,000 euro kit to the UK and earlier this year took it round the country. He eventually decided to settle at Royal Docks.

The jetpack is linked by hose to a petrol powered base,

which flushes pressurised water back into the pack.

Olympic trio Louis Smith, Nicola Adams and Jade Jones gave it a go at the recent London Triathlon and Michael says it's proving a great attraction.

He said: "It's a good position right under the cable car where thousands of people can see it. We'll be here till people stop coming. We have bookings all through September and October. It will be getting cold in November but I'm sure there will still be a few diachards giving it a go."

The group is also planning to operate from a site at the other end of the dock, by the Ramada Jarvis, from next week, which will allow it to have two jet packs running at once.

Prices are variable but the most popular price is £149 for an hour.

Go to jetlev-flyeruk.com or fuki.co for more information.

NEWS IN BRIEF

Around east London

Police hit streets in murder probe

POPLAR Police were out in force at Spey Street on Monday, a week to the day 16-year-old Ajmol Alom was stabbed to death.

Officers talked to residents at the time of the incident, between 9pm and 11pm.

Det Chief Insp Andy Chalmers said: "Ajmol was with his friend and doesn't appear to have been doing anything to provoke this attack."

Ajmol, a student at Langdon Park School, died from a stab wound to the thigh.

Three men have been arrested in relation to Ajmol's death. One of those, Aminur Khan, 19, of Robin Hood Gardens, appeared at the Old Bailey on Monday charged with murder.

Tall ships ready to berth for festival

GREENWICH Next Wednesday sees the beginning of a tall ship extravaganza in Greenwich.

The spectacular flotilla will be based at Royal Arsenal in Woolwich and will sail across the borough and down to the Thames Barrier up until Sunday.



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Six of the best added to new mall's shopping list

RETAIL

FASHION, fitness and food will all take their place at Jubilee Place Mall this autumn as the identities of six more brands moving into the extension were revealed.

Canary Wharf Group announced on Tuesday that Michael Kors, Tiger of Sweden, Schuh, Godiva, Monica Vinader and Asics will open their doors in early November.

Style-conscious Wharfers will then be able to base their Christmas wish-lists around global luxury lifestyle brand Michael Kors with its distinctive clothing designs and accessory range, while Tiger of Sweden uses tailoring skills spanning the past century to perfect its ready-to-wear suit collection.

Schuh will take care of footwear demands, making its home within the largest space of the six lets, while Asics' third London store promises a "unique brand experience".

Chocaholics can indulge their passion at Godiva and those with a penchant for accessories will enjoy Monica Vinader's colourful jewellery treasure-trove.

Monica said: "We are thrilled to be opening our second London boutique at Canary Wharf."

"The store will showcase our popular, luxury yet attainable mainline collections and we're very excited to be able to share this within the new Jubilee Place development."

Camille Waxer, chief administrative officer for Canary Wharf Group, said: "These highly desirable fashion brands will ensure that the retail mix at Canary Wharf continues to meet the ever changing needs of our customers."

The stores form part of the mall's 44,000sq ft extension, which will see 25 new shops open. The names of 15 have now been released including Banana Republic and Le Pain Quotidien.

Beth Allcock

You have to be strong to live, you have to want to live

PEOPLE

Kevin realised it was not enough to exist, he wanted a challenge, writes **Beth Allcock**

Fighting spirit and sheer determination to battle a life-threatening diagnosis of chronic heart failure steered Kevin May onto the road to recovery and ready to embrace new challenges.

And the 53-year-old's commitment to tackling a tricky situations will again be tested as he becomes the first transplant patient to take on the

Channel Row Challenge, organised by the Deptford-based Ahoy Centre.

The keen rugby player underwent a heart transplant in November 2011, three months after he was told by doctors at Papworth Hospital he would only have one more year to live unless a substitute organ was found.

He said: "I remember thinking to myself 'I am in a bit of trouble here'.



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FACTS

In the UK between April 1, 2012, and March 31, 2013:

■ A total of 4,212 organ transplants were carried out.

■ This was thanks to 2,313 donors.

■ 1,160 lives were saved through a heart, lung, liver or combined heart/lungs, liver/kidney or liver/pancreas transplant.

■ 3,052 patients' lives were dramatically improved by a kidney or pancreas transplant.

■ A total of 3,697 people had their sight restored through a cornea transplant.

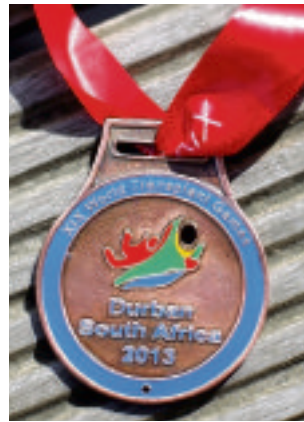
■ There was a record number of 749 kidney transplants from donors after circulatory death took place.

■ 1,068 living donor kidney transplants were carried out.

■ Almost 1,012,000 more people pledged to help others after their death by registering their wishes on the NHS Organ Donor Register, bringing the total to 19,532,806.

■ To join the register, call 0300 123 2323.

Organ Transplant Statistics sourced from organondation.nhs.uk.



Kevin's bronze medal from the Transplant Games

And I thought I am really going to fight this as best I can.

"You have to be strong to live, you have to want to live.

"One positive thing about it is nothing can faze me now – 10 months after my transplant I was setting myself aims – and the row is a challenge. Everyone is saying you can't do it, and I love that."

Fresh from securing a Bronze Medal for 50m backstroke at the World Transplant Games in Durban this month, he has his sights set on rowing the English Channel by clipper, alongside five others.

The charity challenge will help to provide funds to boost the centre's sailing and rowing activities targeted at breaking down social barriers.

And, while Kevin has set his two teams of rowers an Ahoy fundraising target of £24,000, as well as extra cash

for the Rob Knox Foundation, The Cardiomyopathy Association and The Callum Branch Trust, he will also be using the event on September 21 to raise awareness of his Organs Equal Life campaign.

Talking of his involvement with the south east London organisation, the Sidcup resident said: "When I visited Ahoy I thought 'I hope I can inspire some of these youngsters'. That's why I got involved.

"With Organs Equal Life, it's all about education and I've got lots of people signed up at Sidcup Rugby Club.

"It's about making people aware that from a negative situation, you can be positive.

"I like to think you can always be positive in life and I don't think people realise how valuable every one is to people."

Kevin estimates he has recruited more than 400 people to sign up for the Organ Donor Register.

Clair Ongle, Ahoy's operations manager, said: "With Kevin's story as an inspiration he is raising the Ahoy profile.

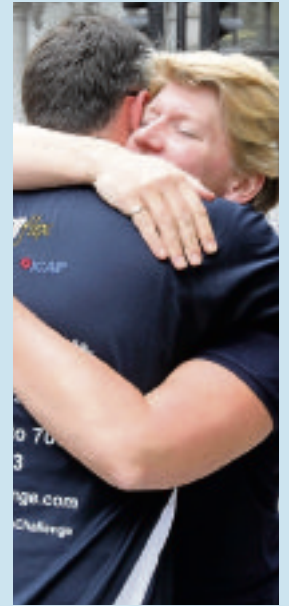
"Although we have been here for 10 years, still people come down and say 'oh my gosh, I didn't realise the centre was this big'.

"And for some people, the organ donor register is a no-brainer and anything we can do to get more people signed up we will. We are hoping it will be a long-term relationship."

With his challenge looming, Kevin added: "Everyone is more worried about getting the money in than doing the row. But the guys won't let me down."

For more details go to ahoy.org.uk or organsequallife.co.uk.

TO COME



I'm sorry. Every day has had fantastic moments and the end of every day's walk is tremendous but you've caught me at my lowest ebb.'

Full story / Page 63

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Sewer protesters angry at bill rises

RIVER

Construction work adds £29 to average charge over 5 years

Beth.Allcock
@wharf.co.uk

Campaigners fighting to protect their community from construction work for the Thames Tideway Tunnel have slammed Thames Water's plans to increase bills by £29 per household.

The company announced it had submitted an application to industry regulator Ofwat for an "interim adjustment" to prices.

The construction of the super sewer – a controversial scheme designed to tackle untreated sewage that seeps into the river – was listed as the company's biggest item of expenditure, with £273million spent on acquiring land.

Southwark-based Save Your Riverside action group, which challenges the use of Chambers Wharf during the sewage facility's construction, called for Ofwat to take action.

The group said: "And so it starts – the flow of money down the drain that is the super sewer."

SEALED UP

■ More than 700 seals were spotted during the first ever comprehensive study of the Thames Estuary.

■ Conservationists recorded 708 grey and harbour seals in a survey that covered the river by land, sea and air.

■ ZSL's conservation scientist Joanna Barker said: "We knew there were a lot of seals in the Thames but 708 is pretty incredible."

■ The presence of seals is an indicator of the health of the river as they are the top predator.

■ Sightings have been recorded at Richmond, by the London Eye and at Canary Wharf.

"Ofwat must use its power to stop this waste of money pushing the vulnerable in society further into water poverty."

"The credibility of the regulator itself is on the line – can Ofwat prove it is an independent watchdog prepared to use its teeth on behalf of water consumers?"

Stuart Siddall, chief financial officer for Thames Water, said: "Increasing prices is never good news, which is why the company and its shareholders are encouraging Ofwat to allow the impact of the price increase to be spread over more than one year to avoid a spike in bills for our customers."



ALL CHANGE

TOWIE'S Jessica Wright attends the launch of her new pop-up store at Westfield Stratford City. She wore four different dresses during the opening.

Ugly truth about lump of housing



Avant Garde by Stock Woolstencroft

A HOUSING development in Shoreditch has been shortlisted for the Carbuncle Cup – a annual competition to find the ugliest new building in the UK.

The Stock Woolstencroft designed Avant Garde at 34-42 Bethnal Green Road was nominated after it was described as a "characterless lump, that is totally out of scale to the buildings around it".

The winner of the competition run by Building Design magazine will be announced on August 30.

Last year Greenwich's redesigned Cutty Sark tea clipper beat the Olympic Park's Orbit to the not-very-sought after Carbuncle prize.

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PROMOTIONS

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Digest

The Week In Brief

Aug 15-22 • Round-up of other news from the last 7 days



Photo story

Christmas cards, wrapping and bags are on sale at Westfield Stratford City, 129 days before Christmas Day. British retail sales rose at their fastest annual rate in over two years in July as a heat wave boosted sales of barbecue food and outdoor items, adding to signs that third-quarter growth has got off to a strong start. Retailers are now casting forward for their next source of sales to entrench the slow recovery.

Customer headbutted after service complaint

EAST LONDON A customer in an Indian restaurant who complained at the service was left with a broken nose after being headbutted by a member of staff.

Mozaid Hussain, of Lomas Street, Whitechapel, attacked the 27-year-old man after following him outside the Twickenham restaurant.

Hussain, 44, was ordered to pay £80 in compensation and £625 in costs at Wimbledon Magistrates after he pleaded guilty to common assault. The incident happened at a work Christmas party last year.

Work begins to prepare Stadium for next phase

STRATFORD Work to transform the Olympic Stadium in Queen Elizabeth Olympic Park into a multi-use venue has begun.

Contractors are removing 25,000 seats and the grass field of play so that the roof can be taken down in autumn.

A new roof – twice the size of the original – will then be built and lifted into position by spring 2015. It will cover every seat in the ground and improve the acoustics.

Following the Rugby World Cup, work will be carried out to prepare for its long term tenants West Ham United FC and UK Athletics.

CCTV images released of club attack suspects

GREENWICH Police investigating an assault on a man outside a Greenwich nightclub have released CCTV images of individuals they want to trace.

Officers were called to an area near to Studio 338 in Tunnel Approach, SE10, in the early hours of June 23 this year.

Paramedics were treating a 21-year-old, who had been found lying in the street, for a head injury believed to have been caused by an altercation with four men and one woman at a nearby bus stop.

Call PC Anna Brown on 020 8284 9543.

O2 lines up dance nights after Matter moves out

GREENWICH Clubbers will have a new venue within which to party this autumn courtesy of The O2's event space, Building Six.

It has teamed up with London Warehouse Events (LWE) to host a variety of guest acts kicking off with Radio One's Misterjam and his brand Speakerbox on October 12.

Formerly the nightclub Matter, Building Six is now being run by The O2. Will Harold, director at LWE, said: "This is the perfect venue to take it to the next level, especially with the amazing body sonic dancefloor and layout, this makes it the perfect space for any event."

'Wait and see' says bank after intern found dead

CANARY WHARF Bank of America Merrill Lynch has urged people to "wait and see what the post-mortem examination says" after one of its interns was found dead in his Bethnal Green flat.

Fellow interns have suggested that long working hours – including eight "all-nighters in two weeks" – could have contributed to the death of Moritz Erhardt, 21, who suffers from epilepsy and was one week short of a seven-week summer stint.

Head of communications John McIvor said: "All the rumours and comments are just that."

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What's On / From Page 12

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Notebook

Gone but never forgotten in our connected world

The moment it popped onto my screen I was bemused. A LinkedIn connection request from some chap I met on a group holiday some nine or 10 years ago, pre Master A.

I had not given him a second thought in all this time. He made that much of an impression on me.

My friend invited me on the trip to make up the numbers. It was a skiing trip to Heavenly Valley, California, for professional types most of whom were single and looking for a bit of mingle.

I remember her selling it to me: "It will

be just like Wham's *Last Christmas* video!" This is the friend who is still umming and ahh-ing about making a withdrawal from the sperm bank – and she wonders why I despair of her.

The whole experience was ghastly. There were several City bankers, who truly lived up to their stereotypes. If it weren't for the fact I was part of their group it would have been funny to watch their posturing and bloated egos at play. As it was, I had to share chair lifts, après ski and group suppers with them.

WORKING MUM



TABITHA RONSON

I recall most of the girls were equally horrid. They all wore that scent of desperation. They spent day one zoning in on those bachelors deemed eligible and then the remainder of the holiday hunting down their quarry.

And then there was Mr LinkedIn connection request. Looking back, he didn't make much of an impression because he was just a regular somewhat nerdy little guy who was on the trip to enjoy some great skiing with probably the hope of making some new acquaintances along the way.

I felt a bit bad that I hadn't taken much notice of him.

Oh, well, what harm could it be accepting his invitation?

"OMG! I have just received an invitation to connect on LinkedIn by that guy, David, from the skiing trip. He's still looking me up. How creepy!" screamed the text from my friend.

Working Mum, happy to be a glass half full kind of a girl – although, I won't be accepting Mr LinkedIn's connection request any time soon. Seymour Parrish, anyone?

POLITICAL VIEWPOINT

By hyhhyh

We must stay strong to beat knife criminals

I was shocked and horrified to hear the news a young boy was stabbed in Spey Street, Poplar last week.

In one month this community has lost two decent people, who had their lives ahead of them, because of knives. Both of them were keen boxing enthusiasts. Liam Hamilton had just passed his driving test and Ajmol Alom was due to collect his GCSE results this week.

When we hear about such tragedies our first reaction is to mourn the loss of life.

Our next reaction is then to look at the cause behind these terrible murders, often with fear and anger.

Knife crime has always been a problem but, no matter how



When this happens on our doorstep it shakes belief in safety

much we hear that it's getting better, when something like this happens on our doorstep it shakes the belief that our neighbourhoods are becoming safer.

We must, however, take solace in the community and police response to these tragedies.

The Met's reaction is certainly worthy of considerable praise.

In relation to both killings officers apprehended suspects within 24 hours and they've also been a visible presence to reassure people.

The community, for its part, has shown that these crimes are a rare occurrence, committed by cowards who are the only people standing in the way of progress.

In the coming months and years we must continue the good work that's already making our streets safer in the

hope that one day stabbings like these will be a thing of the past.



MP for Poplar and Limehouse

Wharfinger The long view



2005 Respect Party leader
George Galloway is congratulated by his supporters as he arrives in Brick Lane after winning the Bethnal Green and Bow constituency vote, east London on May 6. Tony Blair survived widespread opposition to the Iraq war to win a third straight term in power on Friday but saw his majority in parliament drastically reduced.

1941 Liptons Storehouse blaze
in Shoreditch, January 11, during the Blitz



High Five Smart TVs

New generation smart TVs can download everything from the internet direct to the big screen



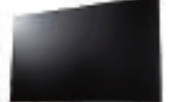
Samsung UE65F9000 Smart 3D Ultra HD 65" LED, £5,999 New 4K sets have four times the detail than HD. With motion and voice control.



Toshiba 40L6353DB Smart 40" LED TV, £499 For sub-£500 this is a well-stocked set with built-in Wi-Fi and 3D with a decent image for the price.



Now TV, £9.99 Not a set, obviously, but a way of upgrading a TV to get a range of web-based services, including on-demand. Sold by Sky.



LG 42LA860W Smart 3D 42" LED TV, £1,149 Passive 3DTV (meaning cinema-quality) with a stand that catches the eye. Good all-rounder.



Panasonic Viera TX-L47WT65B, £1,699 Beautiful even when switched off, this TV has a wide viewing angle and voice control.

Snapshot

Trends, stats & surveys



■ 82 per cent of Brits are planning a day trip this summer – often leading to marital disputes.

89% Of men say they plan to be at the wheel during the day trip but only **32%** of women are happy to let them do so.

88% Of men say they plan to prepare the route they will follow but only **48%** of women trust them.

84% Of women say they will be taking the lead when packing, with only **11%** trusting men to do so.

FILM FLOPS



With *The Lone Ranger* looking like being one of the biggest box office bombs of all time, we survey the wreckage

Film	Est. loss (\$m)
The Lone Ranger	150
Mars Needs Moms	130
The 13th Warrior	129
John Carter	108
Jack The Giant Slayer	101
Sahara	100
Stealth	96
Pluto Nash	96
Final Fantasy	94

28%

of adults said someone had walked into them because the other person was looking at their phone.

Sources: YourSayPolls for Halfords; Wikipedia; Halifax Insurance



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Derelict bakery ready to feel the heat again

REGENERATION

Developers want to regenerate site with buzzy enterprises

Beth.Allcock
@wharf.co.uk

Disused industrial buildings in Canning Town could soon make way for an a scheme striving to create a vibrant residential and business community.

Cathedral Group has submitted a planning application to transform the Goswell Bakeries and Moss Electrical warehouse site in Caxton Street North, between the Excel Centre and Canning Town station.

The developer has selected award-winning architects Studio Egret West to build 336 mixed tenure homes alongside growing businesses at the ground and mezzanine levels of the scheme, which is subject to planning approval.

The commercial units are said to target "forward-thinking enterprises

in need of affordable space" with the site offering the potential for companies to adapt space to their trading needs and opening up on weekends.

Richard Upton, chief executive at Cathedral, said the site could become a "catalyst" for a variety of business activities.

He said: "It isn't easy to persuade young, creative enterprises to make their homes in areas that have yet to experience significant regeneration, so do not provide many incentives to visit.

"Yet, as they grow and develop, it is these sorts of enterprises that will act as a magnet for other, similar organisations and also for the wider community, which will naturally want to be a part of what's going on.

"Studio Egret West has grasped the opportunity to develop a design which will both shape and reflect the future of the new community on Caxton Street North and we now look forward to working with Newham to bring the development to fruition."

After acquiring the Newham site two years ago, Cathedral partnered with the House of Fairy Tales charity, which moved into one of the



An artist's impression of how the site could look and its location, top

warehouses and set up an outreach programme with schools and other arts organisations.

With exhibitions and workshops already under way the developers hope the charity will play a key role in the

new development, as well as sparking the interest of new companies.

If the scheme is given the green light, construction work will begin next September, with the first building expected to be completed in 2016.

Politicians condemn EDL march

POLITICS

POLITICIANS in Tower Hamlets have called English Defence League plans to march on the borough an attempt to "fuel hatred and division".

The right-wing group is planning a demonstration on September 7. There is a counter demo set to be held by Unite Against Fascism on the same day.

So far over 800 members of the EDL have stated their intention to attend.

At a recent Tower Hamlets Council meeting all parties supported a motion condemning the EDL plan and calling for the Home Secretary to ban it.

Leader of the Labour Group Cllr Sirajul Islam said: "The EDL threat to march is a clear attempt a fuel hatred and division. Politicians of all sides are united in their condemnation of the EDL march and have urged the Home Secretary and police to step in."

Labour's candidate for Mayor of Tower Hamlets, John Biggs said: "We all know that the EDL only want to come to Tower Hamlets to cause provocation and violence and any march by them should be banned."

Current Tower Hamlets Mayor Lutfur Rahman last month said: "We have real fears that the EDL presence will act as a catalyst for further violence, disorder and destruction of property. There must be no place for hatred in our communities."

Mayor clears 10,000 homes

Rob.Virtue
@wharf.co.uk

MAYOR Boris Johnson has rubber-stamped the latest phase of the 10,000-home scheme at Greenwich Peninsula.

Full consent was given for nearly 3,000 homes on the southern part of the 190-acre site.

It has led Greenwich Peninsula Regeneration Ltd (GPRL), the joint venture between Knight Dragon and Quintain which is behind the scheme, to say it expects 2,000 people to move in by the end of 2015.

Max James, chief executive of Quintain, said: "This consent comes after a series of positive planning decisions and appropriately concludes a year of action for the GPRL joint venture on its first anniversary.

"The scheme reinvigorates the design of Peninsula Quays and, with construction starting shortly at Peninsula Riverside in the south, we expect to see up to 2,000 Londoners living at Greenwich Peninsula within the next two years."

Work will begin on the next phase in a matter of weeks.

Further construction is scheduled to start next March, subject to more planning approval.

Mayor Johnson, said: "It is fantastic to see these plans move a step closer to bringing thousands of new homes and jobs to Greenwich, helping to secure the wider regeneration of this key area and maintain London's position as the best big city in the world."

Included in the 10,000 homes on the peninsula will be 3,270 affordable homes and 600 student beds. There will also be 3.5million sq ft of commercial space.

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No application to the Scheme is necessary; every year an annual report is produced listing the properties eligible. You can view the list and get more information on the London City Airport Consultative Committee (LCACC) website at www.lcacc.org/noise/#insulation. If you are on the list you will be contacted directly by post by the Airport's Sound Insulation Administrator.

For those already treated under the previous Sound Insulation Scheme 10 year check-ups are available for properties which have had either secondary glazing and/or mechanical acoustic ventilators installed.

For further information, or to view the latest noise contours, please visit the LCACC website: www.lcacc.org/#insulation. Alternatively, you can contact the Sound Insulation Administrator on 01277 262870 or environment@londoncityairport.com.

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What's on

The making of Morrissey

DIARY DATES

★ Morrissey's quarter-of-a-century stint in the solo music business will be put under the spotlight at Greenwich Picturehouse.

The venue is showcasing *Morrissey 25: Live* – a concert film shot during the Mancunian's intimate gig at the Hollywood High School, in Los Angeles, earlier this year.

August 24, at 8.30pm, adult tickets cost £15. Call 0871 902 5732 to book.

★ Two Door Cinema Club will play their biggest UK headline show to date at The O2 on December 13.

Two Door Cinema Club's guitarist Sam Halliday said: "It will be the biggest moment of our career so far." Tickets went on sale yesterday and can be purchased from AXS.com, or via the booking line 08448 24 48 24.

★ A screening of the Sundance Film Festival hit *The Moo Man* will be held at the Greenwich Picturehouse tonight (Thursday).

Farmer Steve Hook, who leads a 55-strong team of unruly cows, will be answering questions from the audience afterwards, alongside producer Heike Bachelier.

The screening starts at 8.30pm. Call the box office on 01442 877759. See the trailer at the-mooman.co.uk

Follow a haunting story – all around the theatre

DANCE

Spine-tingling tale of restless souls will be told through music and movement

Beth Allcock
@wharf.co.uk

The spooky-but-true story of a pianist who felt lost souls were trying to tell their stories through his compositions might ordinarily have you rooted to your seat at The Space theatre.

But, in the latest dance-based production at the Westferry Road venue, you can follow performers through the spine-tingling story as it unfolds.



Members of the Bricolage Dance Movement evoke a spirited tale

The Story Of A Night Pianist will be performed by the London-based Bricolage Dance Movement alongside a live violinist and pianist. The latter is Lorenzo Turchi-Floris, the subject of the narrative.

The mix of contemporary movement, interspersed with ballet and street dance elements is choreographed by Anna Buonomo and first appeared on the stage at Trinity Buoy Wharf last year.

Bricolage company manager Lise Smith said the combined physical and musical production boasted a strong story, which had embraced the history of the site and the heritage of the people that lived and worked in east London during the 19th century.

She said: "The production has been re-worked and we've really enjoyed re-visiting the movement and making it as clear as possible for a new audience."

"For The Space, we have trans-

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BRICOLAGE DANCE MOVEMENT

planted a bit. We are going to use some of the promenade elements and the audience will be led on a journey out of the theatre and back in, so they finish up inside the theatre, with part of the performance outdoors.

"It's a challenge compared to working in a standard indoor black box theatre space but it will be a more interesting way of performing."

"The audience will be able to choose where they stand and which part of the performance they are focussing on. It will allow them to get involved with the narrative."

She added: "Behind the piece is the idea that these characters are trapped souls, restless souls and invisible but they have a story that needs to be told through this music."

"We have the history of what happened to them because that's the fabric of the story, and that's where the movement comes from."

"Hopefully it has been particularly accessible for audiences who don't necessarily always come to see dance."

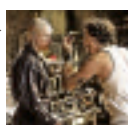
Aug 26 to September 1, 8pm, £12/£8, space.org.uk.



Read on »

Win dinner and a movie in our competition

Take 5 / Page 61



MUSIC



Paradise Valley

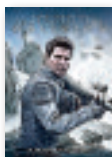
John Mayer
★★★★☆

This is an impressive return to form, after the disappointing *Born And Raised* in 2012.

Every track here is likeable, from the blues-influenced *Waitin' On The Day and Call Me The Breeze*, to the closing track *On The Way Home*. Meanwhile, his on-off squeeze Katy Perry duets with Mayer on the aptly titled *Who You Love*.

After illness, Mayer admits he has lost projection, but with his recognisable voice and amazing guitar skills, who needs more? **SL**

DVD



Oblivion

(12) 126mins
★★★★☆

Earth is reduced to a wasteland by a pernicious race called Scavs. Survivors are evacuated to a Saturn moon, leaving behind small teams to protect vital resources.

When maintenance officer Jack Harper (Tom Cruise) rescues an astronaut from a crashed space shuttle he begins to uncover a conspiracy.

Oblivion is a ponderous post-apocalyptic thriller that allows Cruise to perform impressive acrobatics amid a blitzkrieg of expensive pyrotechnics and digital effects. **DS**

BOOK



We Are Anonymous

Parmy Olson (Heinemann)
★★★★☆

Parmy Olson delves into the world of the cyber insurgency.

With access to many of the leading players, Olson builds a picture of how disparate people from around the world started their online careers through chat channels such as 4chan, playing pranks on people for "lulz", before finding themselves drawn into increasingly daring stunts.

A must-have read for anyone intrigued by the dark and turbulent underbelly of the internet. **BM**

Mad Max has vital message about universal healthcare

SCREEN

Elysium

(15) 109mins

"Imagine a world," goes the uber-gravelly voice running round my head as this movie nears its end – "where the rich have everything and the poor have nothing. One man dared to dream – healthcare that meets the needs of everyone, free at the point of delivery based on clinical need not ability to pay. Matt Damon is Aneurin Bevan in a Comic Strip production of *NHS*."

I wished that voice would shut up because this is a laudable movie, beautifully crafted and with a cuddly message brutally conveyed.

South African writer-director Neill Blomkamp made stark political points in his breakthrough *District 9* which was a grubby prawn cocktail of sci fi and activism.

Here, he takes a modern peril (the gap between rich v poor) and does a similar thing only with more bucks and bigger stars.

The poor live on stinky earth, the rich off-planet on pristine Elysium – and never the twain shall meet if defence secretary Delacourt (Jodie Foster) has her way.

Blomkamp is more at home among the blue collar oiks and the most effective sequences of the movie take place in the sprawling, endless metropolis of LA, part ghetto, part rubbish dump.

It is here that Matt Damon's reformed crim Max DeCosta makes a living on the production line making the instruments of his oppression – law enforcement robots – for corporate meanie John Carlyle (William Fichtner).

Ever wondered who built the Death Star and all those whizz-bang devices in shinier movies than this? It's people like DeCosta in blue



Matt Damon as Max with Alice Braga as Frey

overalls, earning dimes, getting sweaty, with no reward except a lethal dose of radiation when he does the Year 2154 equivalent of removing a shuttle stuck in a loom.

With five days to live, Elysium's exclusive cure-all medical bays provide the only solution. But to earn his passage on the illegal convoys, he must make a daring raid on the brain of corporate chief Carlyle which holds data that has great value on the black market.

Max inadvertently uploads Delacourt's conspiracy to alter the source code of Elysium and when he's left with the only version in his own noggin (back up, people, always back up) it gives him a useful bargaining chip.

Standing between earth and Elysium though is Delacourt's goon Kruger. Sharlto Copley plays him part avuncular bully, part WWF Santa as he gleefully sets about his task of teasing Max's childhood

pal Frey who has a sick child and a chronic case of the flashbacks.

Damon, as always, is excellent as the everyman hero – flawed and frightened in the face of death. He goes from journeyman to action man (low born to high Bourne?) as best as he can with meagre clues to his essential character.

The final act feels like a letdown after the excellence of the set-up while the lame script and sentimentalism hardly helps to create a cast we care about.

Nevertheless this is confident and immersive sci fi, executed with verve and belief. It's little wonder Damon has called Blomkamp the next James Cameron.

Giles Broadbent

Our verdict

Great idea well executed if a little deflating towards the end

★★★★☆

SCREEN

The Mortal Instruments

(12A) 130mins



With *Harry Potter* out the way, the fantasy franchise arena is open for *The Mortal Instruments*, based on books in which an ordinary teenager discovers she's not ordinary after all.

Clary (Lily Collins) is a Shadowhunter, half-angel warriors locked in a war with demons.

Settle in for overblown, angsty self-discovery and woe.

★★★☆☆

SCREEN

We're The Millers

(15) 110mins



Jennifer Aniston "strips" to give this run-of-the-Millers and crude comedy some much-needed pep.

David Clark (Jason Sudeikis) must fake a family to smuggle some drugs over the border from Mexico, getting in all sorts of fixes along the way.

It is notable, perhaps, only for the impressive Hollywood debut of former Brit child star Will Poulter.

★★★☆☆

SCREEN

Lovelace

(18) 93mins



In 1972, Linda Lovelace, became an overnight sensation as the fresh-faced star of hardcore adult film *Deep Throat*. She fell into obscurity only to emerge years later with a tale of exploitation.

Amanda Seyfried heads a strong cast in this affectionate and evocative biopic of the counter-cultural icon whose cries for help go unheard.

★★★★☆

Health

We send **Beth Allcock** for rebalancing via the medium of water bed, crystals and beats



Anne-Marie Riccardi stands between two Aqua Vibe machines, which she has tailored to Wharfers' needs with her partner Adrian Walters

There's a moment when it all goes dark. I put my headphones on, don black light glasses and snuggle up under a foil sheet on a water bed.

This is no ordinary lie-down though – it's a 20-minute session on a device dubbed the Aqua Vibe at 20:20 Healing Arts Centre in Limeharbour, and the darkness is short-lived.

Even though my eyes are firmly shut, it feels like I'm wrapped in a rolled-up pop art comic with colours flashing and pounding beats. I'm scared. I repeatedly screw up my eyes to make sure they're closed and try not to grip onto the watery mattress below.

Then comes a feeling of being lifted towards what appears to be bright sunlight and I'm floating sky-high above trees and waves. Things become a little better and I start to relax.

Holistic healthcare consultant and centre founder Anne-Marie Riccardi had warned me about the initial fear, before she selected the Rebalance option from her programme of six tracks. The unit, she says, uses vibroacoustics to stimulate the body's healing.

Crystals are pulverized in the liquid of the water bed and music is played through it, which

THE CLAIMS

■ Anne-Marie Riccardi said she had used her experiences from working in the pharmaceutical industry and NHS, particularly relating to the placebo effect, to embark on this new venture analysing bioenergy feedback systems and looking at what energy fields are doing in the body.

She said: "We want to look at prevention rather than cure. Here, we are trying to bridge the gap between science and spark energy level consciousness."

"Some people are sceptical. But I am so passionate about providing information – my knowledge and experience run deep – and I want to get all of that out."

Anne Marie said a person's organs resonate at a certain frequency, which is played out through the Aqua Vibe, enabling a synergy and allowing that person's cells to react.

She said: "A session on the machine is a great way to kick-start your body's natural healing ability."

can be heard through the headphones. All this is designed to help boost wellbeing, reduce stress and pain as well as giving you a detox. And while I got off to a shaky start, after the session I did feel refreshed, if a little dazed. It was like waking up from a lengthy nap.

The centre, which opened its doors in April, is offering the treatment to stressed-out Wharfers and frazzled families, while also providing a service to install the equipment into offices.

I wouldn't object to another session as a lunch-hour pick-me-up. But its purported pain and blood pressure reducing benefits, as well as claims it can help build confidence and self esteem, need further scrutiny. It all seemed like a rather surreal dream.

Individual one hour Aqua Vibe sessions cost £65 for non members and £55 for members.

The device can also be bought from the centre and installed in offices and spas.

Go to 2020-healingartscentre.com.

Our verdict

Surreal – yes, beneficial – maybe.

★★★★☆

SLIMMING

BY CAROLINE WATERSTON



WEIGHT LOSS DIARY

When I started out on my Weight Watchers journey I feared the pounds wouldn't fall off as fast as I would like them to. I am thrilled to admit I was wrong. I've lost another five and a half pounds since my last column two weeks ago so, I think I deserve a treat. I've spotted a dress in the window of Ted Baker but until I hit my next goal – two stones off – I'll resist temptation. Hopefully it won't be too long before I'm swanning around in my new frock.

■ Start: 14st 4½lbs

■ Now: 12st 6lbs

■ Goal: 10st 7lbs (or as near as)

EXERCISE: STEP

■ I have just discovered Leanne's step class at the Reebok Sports Club – and love it. I may not be able to do the routines yet (step's not like it was in the noughties) but I managed to earn 10 activity ProPoints in 55 minutes. Result. A warning though, after my first class I could barely walk for a week.



EATING OUT: ROKA

■ Using information on the menu at Roka (one of my Wharf faves) and data for similar restaurants included in the WW

Eat Out guide, I've estimated the ProPoints values of the dishes I ate on my last visit. Sea bream in miso (6PP) was the highlight but I also enjoyed pickled

vegetables (0PP), avocado maki rolls (4PP), vegetable tempura (3PP) and asparagus (0PP if grilled with no sesame seeds).

DETAILS

■ Caroline attends Weight Watchers at Reebok Sports Club, Canary Wharf. Classes run on Weds and Thurs from 7.30am-1pm. For information about meetings and ProPoints go to weightwatchers.co.uk.

WELLBEING ACUPUNCTURE & ACUPRESSURE



WHAT IS IT?

Acupuncture involves the insertion of fine needles into specific locations on the body and deep tissue massage to encourage healing. Tongue mapping is used to assess the status of your wellbeing.

WHO IS IT FOR?

Disorders treated with acupuncture include digestive problems, stress, depression, anxiety, fatigue, headaches, sports injuries, muscle strain, high blood pressure and skin diseases such as psoriasis, eczema, acne and dermatitis. The traditional Eastern treatment is a natural and holistic alternative to conventional drugs and medicines.

FITNESS BENEFITS

Acupuncture can act as a natural pain killer and can encourage injuries and other health problems to heal. Scientific research suggests that it works by stimulating arteries, which allows more blood to flow through affected areas of the body.

THEY SAY

“Acupressure massage can rid your body of stress, relax muscles, and ease and soothe your aches and pains. By observing the tongue, we can see how your organs are functioning.”

WE SAY

“I walked in a septic and left energised and relaxed. I lay for 30 minutes with needles in my skull, wrists, neck and ankles, as pressure points tingled and warmed up. Studying my tongue indicated I had a weak digestive system and spleen.”

DETAILS

Head to China Health Spa in Hertsmere Road, West India Quay for a consultation. Treatments can be booked online at chinahealthspa.co.uk or call 020 7515 0868. Acupuncture and acupressure treatments start at £30. Herbal medicines are available to purchase at the spa. **Kay Lockett**



Dr Jie Zhu, of China Health Spa in West India Quay, offers the treatments

Fashion

SHORT

When there's no time to lose, make sure you're prepared for anything with these pieces selected by **Beth Allcock**

FOR HIS GETAWAY



Shearling collar jacket, £65, Fairisle print sweater, £30, Gingham shirt, £20, Jeans, £32, Hi Tops, £38, Rucksack, £40, Next Canada Place Mall next.co.uk



Navy polo, £45
Firetrap.com

Camel chino shorts, £42.99
Firetrap.com



Mr Moustache passport holder, £9
Accessorize Canada Place Mall accessorize.com



Dune Ashcott men's shoe, £135
Dune Cabot Place Mall dune.co.uk



Orange and navy print body, £15
Glamorous.com



Blue and black daisy print skater dress, £29
Glamorous.com



Indigo Collection Coat, £79
Skirt, £29.50
Shirt, £27.50
Lace Top, £22.50
Belt, £12.50
Bag, £39.50
M&S Westfield Stratford City marksand spencer.com

Ladies' Chelsea boot, £36
Next Canada Place Mall next.co.uk



Kentish Rose weekend bag, £60, cathkidston.co.uk

FOR HER TRIP



BREAK

MALLTRAWL

Deals offers and bargains compiled by Beth Allcock and Kay Lockett

WAREHOUSE

Take advantage of a £10 vests offer

★ Purchase some classic staples from Warehouse in Canada Place Mall.

For a bargain £10 offer, pick out two cami vests – perfect for casual summer outfits or for an extra layer under work blouses.

The discount is applied automatically at the checkout. Go to warehouse.co.uk.

CHARLES TYRWHITT

Get four shirts for £100 at Wharf shop

★ Smarten up your wardrobe with a tailored shirt or four from Charles Tyrwhitt in Canada Place.

Buy four Jermyn Street quality shirts from their new autumn collection and pay just £100.

A wide variety of styles and colours are available under the multi buy offer. Go to ctshirts.co.uk for details.

JO MALONE

Fizz and massages celebrate a scent

★ Discover the latest luxurious scent from Jo Malone London at an event in Jubilee Place Mall.

The brand will be showcasing its Peony and Blush Suede range with hand and arm massages for customers, pink Champagne and treats inspired by the fragrance, on September 5, from 6pm-8pm. Call 0870 192 5391 to book.



Jo Malone Peony and Blush Suede combines juicy apple, jasmine, rose, gillyflower and blush suede

ELLIS BRIGHAM

Buy one, get one at half-price tees

★ Stock up on your outdoor gear at Westfield Stratford City and make sure you're ready for anything this summer.

The Ellis Brigham Mountain Sports store, in The Street, is offering shoppers a buy one get one half price deal on its entire North Face T-Shirt range. Go to ellis-brigham.com.

Food



Painfully medicinal rosemary pizza bread, supposedly with garlic

A misdirected call as restaurant disappoints

REVIEW
HUNTER 486

The Arch London

There's much to like about The Arch hotel aesthetically – smooth wooden cabinets filled with Champagne and overly knowing artistic city snaps on an alphabetic theme – and its in house brasserie is equally well appointed.

Giant filament light bulbs? Check. Shiny ceiling tiles? Check. Curtained off dining pods? Check. If not cutting edge, at least it gives the impression of having been near a whetstone at some point.

So we're seated by consistently charming staff in anticipation of food that's at least moderately keen.

It's not an exciting menu, however. British comfort food for weary, probably American hotel guests. Rather than fight against the English tide, I embrace it – smoked salmon followed by beef wellington.

But before either arrive slivers of garlic and rosemary pizza bread

are slapped down on our table. There's so much herb scattered about, its searing medicinal flavour overpowers any garlic which may have been present. As delivered it's virtually inedible and we're forced to scrape the surface clean of leaves.

My fish is then excellent, plentiful and well presented at £10.50 but the wellington (£29.50) is unremarkable with drab vegetables.

More confusion follows with a neat, spiky creme brulee (£6.95).

In short the experience was bad, good, dull and delicious. Confused? With the brasserie named for Marylebone's old dialling code, I'm tempted to request a blower so I can phone a friend and work out what I think.

Jon Massey
The Arch London, 50 Great Cumberland Place, Marble Arch, London, W1H 7FD, 020 7724 4700, thearchlondon.com.

Our verdict

Too many nuisance calls

★☆☆☆☆



A delicate, beautifully realised creme brulee

Experience these authentic tastes of Italy's eternal city

INTERVIEW

The street markets of Rome inspired Bottega Wapping, writes **Beth Allcock**

Bottega Wapping is striving to bring a flavour of Rome's markets to one particular corner of east London.

With wooden crates packed with fresh vegetables alongside counters of meat and products sourced from southern Italy, the venue is a bar, restaurant and deli offering a sit-down evening of good food and relaxation or a place to pop in and source produce for your own creations.

Co-director Lorenzo Di Francesco said he was hoping to build on the success of its Shoreditch sister restaurant, Bottega Prelibato.

"We were very happy how that was going and we just decided we should open something a little bit bigger," said Lorenzo, 37.

"And then we found this lovely location here. The concept is more or less the same, but of course, it's



Directors of Bottega Wapping, from left, Gianfilippo Mattioli, Lorenzo Di Francesco, Brando Zarghetta

bigger. It's all about the food but the environment is important too.

"We started with the concept of a market – most of us are friends from Rome and we would go around the Campo de Fiori market in Rome – so we are trying to set up things in a way you have there."

All of the ingredients diners tuck into in the restaurant are for sale in the deli and dishes from the menu are also available to take away.

Pasta and bread are made on-site daily and the moderately-sized menu

is supplemented with mains and dessert specials – again refreshed each morning.

And, those fond of a vintage tippie are in for a treat as guests can opt to try very expensive vintage wines by the glass via an Italian enoteca devices.

"Wapping is a really beautiful place but there's not really anything on this kind of scale," added Lorenzo.

"We want to maintain this local mood – we want to be authentic, not a chain."

Natural, effortless and impressive

REVIEW

Bottega Wapping
Wapping

IT'S hard to believe Bottega Wapping opened its doors just a fortnight ago.

The relaxed Mediterranean vibe that comes alive within its rustic Metropolitan Wharf surroundings seems established and settled – representative of a much-loved eatery populated post-office hours by a loyal band of diners.

The atmosphere was natural, effortless and impressive, as was the decor – exposed bricks, metalwork and marble counters set against counters of fresh produce, wine racks and a Lambretta scooter parked up in the corner.

Co-director Lorenzo Di Francesco promised "traditional Italian food with a twist" and my main of pappardelle with white ragu, wild mushrooms and blueberries (£14) lived up to the billing.



Gnocchi with pesto and prawns

The earthy, foresty flavours of the funghi and wholesome, hearty ragu were given a lighter, fresh aftertaste from the juicy fruit scattered throughout.

And the plump pasta ribbons – cooked perfectly al dente – took me back to a summertime in Rome.

My partner's combination of gnocchi, homemade pesto, french beans and prawns (£14.50) was equally fresh and fulfilling.

Encased in their potatoey, doughy cases, the seafood shone through with an impressive lightness and moreish taste.

I opted for a dessert from the list chalked up on the specials board – a generous slab of white chocolate cake with raspberries (£4.50) which was light and airy, with a delicate taste sharpened up by the tangy fruit.

Tiramisu – the pudding of choice for my partner – was encased in a cute glass jar, daintily presented, containing a creamy cake that packed a flavour punch in true Italian style.

And, matching the restaurant's homely feel and hearty food throughout was some high-quality, relaxed service.

Beth Allcock
Bottega, Metropolitan Wharf, 70 Wapping Wall, Wapping, E1W 3SS, 020 7481 0095, bottegawapping.com.

Our verdict

Fresh flavours and blueberries in the pasta sauce won me over

★★★★★

THE GUN**Three-day event is to celebrate IPA's flavours**

★ The Gun is hosting a three-day India Pale Ale festival next month.

Discover why Docklands was the hub for shipping the beer, while sipping your pint from a number of IPAs brewed in the UK.

There will also be a barbecue at the event from Friday September 13 to Sunday September 15.

You can book an advance £10 ticket which gives you three half pints and one item from the barbecue by emailing anna@thegundocklands.com. Go to thegundocklands.com.



Sample a range of beers at the IPA event

BOISDALE**Half-price shellfish supper**

★ If you're in the mood for a deal and you enjoy the fruits of the sea, then why not make it a shellfish supper at Boisdale this week?

The restaurant's Oyster Bar and Grill is offering a 50 per cent discount on its fishy delicacies between 5pm and 7pm on Monday to Friday, and from 6pm to 7pm on Saturdays. The Cabot Place venue also boasts Europe's biggest whisky bar. Call 020 7715 5818 to book or, for more information, go to boisdale.co.uk.

CAMINO**Bank Holiday bar beats**

★ Kick-start your Bank Holiday weekend with a feel-good Friday at tapas restaurant and bar Camino.

The Spanish eatery, on Canary Riverside, is getting into the groove with a combination of funk, soul, reggae and good vibes courtesy of a DJ set from 7pm until late. Camino, which has sister restaurants in King's Cross, Monument and St Paul's, also has an unrivalled sherry collection. Go to camino.uk.com.

**COOK** WITH CJ JACKSON**Supreme shellfish: Dressed crab**

A dressed crab makes an attractive snack for two

It might look daunting but this relatively simple preparation is one to stun the table with. Serves 2

Ingredients

675g cooked crab
oil, for brushing
2 tbs fresh white bread-crumbs
salt and freshly ground black pepper

Optional condiments

French mustard
anchovy essence
cayenne pepper
Worcestershire sauce
1 hard-boiled egg, white chopped and yolk sieved
chopped parsley

Preparation

Twist off the claws and legs, crack the claws and carefully remove the meat.

Lever the main body of the crab from the carapace. Discard the gills and mouth piece.

Scoop the brown meat out of the carapace.

Split the body shell in half and dig out white meat with the handle of a teaspoon or lobster pick.

Scrub the carapace under cold water and press along the inner part of the shell to snap away along the natural line. This should leave a clean edge

Method

Set aside the meat you've removed. Wash the shell again and brush with a little oil.

Mix the brown meat with enough breadcrumbs to allow them to bind. Season with salt and pepper or add mustard, anchovy essence, cayenne pepper or Worcestershire sauce to taste.

Pack both white and brown meat into the shell and garnish.

If you like, include the chopped hard-boiled egg white and sieved egg yolk and chopped parsley when packing the shell.

CJ Jackson, chef and principal of Billingsgate Seafood Training School. Go to seafoodtraining.org

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Travel

Taste of the spectacular just a short walk away

NORWAY

For a fresh approach to Norway's coastline, why not try a DIY trip, writes **Nel Staveley**

The instructions on how to progress from the mountain guide sound like a punchline. "Like a cowboy mouse on the way to Everest," he says.

As the dark clouds descend ever further, the winds lash harder and the grainy snow of Folgefonna Glacier gets even deeper, I'm beginning to think it's a joke I may never understand.

Until suddenly, theatrically and perfectly on cue, the dark clouds disperse. And there it is. Not the joke, as such, but certainly the reason our guide has been smiling: Folgefonna valley. Arching grey stone mountains, pitted lakes and swathes of deep green forests lie ahead.

Of course, seeing such heart-stopping beauty in the middle of Norway shouldn't come as a surprise. Since the 19th century, when the first boats of tourists arrived from England and Germany, this country has been a magnet for people wanting beautiful views.

Over the last decades, that pull has grown and grown, and now the Norwegian Fjords, in the country's south-west, attract endless hordes of eager visitors each year.

W What's the best way to visit?

"There's a growing trend towards DIY trips around the fjords – booking a cheap flight, hiring a car and setting off."

Nel Staveley

The vast majority of these will arrive by water. But there's now a growing trend towards DIY trips around the fjords – booking a cheap flight, hiring a car and setting off into the vast and beautiful countryside with no cruise ship timetable to worry about.

For us, the cheap flight landed in Bergen, a popular fishing town clinging to the western coast of the self-named region. A 1.5 hour drive from Bergen is the Folgefonna Glacier, Norway's third largest mainland ice flow. Perched at 1,200m above sea level, the road to reach it is long, slow and packed with hairpin bends.

But each awkward turn and glimpse out of the window reveals another plunging lake, thundering waterfall



Tourists on a guided glacier hike on Folgefonna Glacier in Norway

or – as you get nearer to the glacier – snow-smudged rocks.

We meet our guide for a hike on the snow-covered ice and after one bemused look at our flimsy waterproofs he heads to a nearby cupboard.

Moments later, he re-emerges, armed with climbing ropes, helmets, crampons and ice picks. He's full of advice on how this should all work.

"Take little steps, wide apart for a good grip in the snow," he says. "Like a cowboy mouse on the way to Everest."

I can see my fellow hikers are as baffled as me, and as we tug and trip our way up the thick glacier snow, I start to wonder what the point of all this is. Then the sleet cloud lifts and the sort of view you know you may only glimpse once in a lifetime unfurls before us.

After this we head for something more earthy – Steinstø fruit farm, near the little town of Sandvæn.

"Pears," says the farm's owner, Ola. Apparently, a few years ago, after a bumper harvest of pears that he couldn't shift, he read an article about the fruit being as strong an aphro-

FACTFILE

■ Nel Staveley was a guest of the Norwegian Tourist Board (visitnorway.co.uk). For more general information on the area, go to fjordnorway.com.

■ Norwegian Air (norwegian.com) flies directly from London Gatwick to both Bergen and Stavanger, from £34 one way.

disiac as Viagra, and decided that was his new line of advertising. It paid off as "the whole crop sold out within hours".

Love advice aside, the farm is famous for its homemade apple tart, created by Ola's tirelessly dedicated sister Heidi. She and her small kitchen team made around 3,000 tarts in 2012 – a number she expects to beat this year.

She tells us the trick of making them so sellable – and so delicious – is not her recipe though, but the freshness of the fruit, grown on sloping hillsides.

And it's this freshness you'll get on a trip to the fjords. Clean air, beautiful scenery and cool waters.

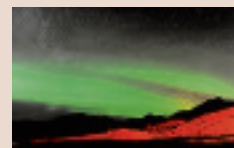


Ola grows his pears on the banks of Hardangerfjord, above

the Wharf TRAVEL CLUB

Bargains and ideas

Star bargain



★ With the Solar Maximum reaching its peak this autumn, there's no better time to head to Iceland to witness the season's first Auroras. Get four nights in Iceland from £1,825pp (two sharing) including flights (London). Go to theaurorazone.com.

Appreciate island beauty on foot

WALKING Sao Miguel – the main island of the Azores – boasts a natural and untouched beauty that can only be truly appreciated on foot. Stride out on September 28 on a memorable eight-day walking trip from £766pp (two sharing) including flights (Gatwick), transfers, four full-day guided walks and four picnic lunches. Go to sunvil.co.uk.



Star bargain



★ Watch up to 10million fruit bats feast in Zambia's Kasanka National Park. Book now for November at £2,814pp including three nights in the South Luangwa National Park, three in Kasanka and one in Lusaka. Go to robinpopesafaris.net.

Hunt a forgotten jungle carnivore

WILDLIFE Go on a hunt for the newly-identified Olinguito, pictured, in the cloud forests of Ecuador. Stay at eco-friendly Mashpi Lodge, which uses organic produce from the local village, and non invasive yellow-coloured lighting. A six-night itinerary costs from £2,229pp (two sharing), including some meals and flights (London). Go to sunvil.co.uk/traveller.



Business^{extra}

Your Money

NEWS IN BRIEF

Business digest

Landlord cashes in on tech burst

TECH CITY Landlord Derwent London is looking to capitalise on the popularity of Shoreditch with a £30million deal for an office block near the Silicon Roundabout.

The need for start-up office space persuaded chief executive John Burns to buy 61,000sq ft at 1 Mark Square – a place he said was in the “hotspot location”.

“We are now seeing better rental growth in the tech belt than we have in the West End,” Mr Burns told *City AM*.

He said he had already received inquiries for its White Collar Factory in Old Street two years before the space becomes available.

9% of workforce operate at home

STARTUPS Increasing numbers of Londoners have decided to set up home businesses, according to new analysis.

This represents up to nine per cent of the workforce – 354,823 people – in the capital and 2.5million across the country.

The analysis by Direct Line For Business suggests there is an increase in home businesses operating in trades such as catering, photography, hairdressing and arts and crafts because of the low overheads.

Naomi pitches healthcare idea

SOCIAL ENTERPRISE A Tower Hamlets social enterprise reaped the rewards after pitching to housing associations.

Naomi Mwasambili, founder of Communities Therapies and Training Service, highlighted how her project could help housing associations tackle mental health issues of their residents.

Representatives from L&Q, Affinity Sutton, East Thames, Amicus Horizon and Metropolitan met at the Stratford offices of East Thames at an event organised by The Young Foundation. As a result, Naomi has arranged further meetings.

Mentor scheme given £10,000

TRAINING A mentoring scheme pairing young people leaving care in Tower Hamlets with City high fliers has been awarded a grant by London Mayor Boris Johnson.

TimeBank's City Opportunities Project aims to prepare young people for jobs in the capital's financial district.

It has been given £10,000 through the Team London scheme.



The Business Of Creativity
Michael Jacobsen (Brightword)
★★★★☆

With the creative sector worth £36billion and east London quickly becoming seedbeds for start-ups, advice on how it's done is timely.

Jacobsen, a business mentor and co-producer of *Dirty Dancing* for the stage, calls on his own experience to canter through the essentials for anyone looking to turn their talent into cash.

The book, however, is full cookie cutter business manual staples (“have a vision”, “find a name”, “sources of funding” etc) and not enough on the particular demands of the sector. A wasted opportunity.



Brick By Brick
David Robertson (Random House)
★★★★☆

Once Lego was just a box of bricks. Wildly popular once but its fading fortunes took the company to the brink of collapse.

Nowadays, Lego is almost everything but bricks with every movie franchise having its own big-blocked iteration.

How the Danish company undertook this paradigm shift from aloof giant to fleet-footed innovator is chronicled in immense detail in this authoritative book.

Slightly wonkish, and one for dedicated business nuts, this is nevertheless an insightful guidebook on change.



The First 20 Hours
Josh Kaufman (Penguin)
★★★★☆

Less a business book than a self-help manual but the author also wrote the No.1 selling *The Personal MBA* so it's clear where his heart lies.

Time-stricken entrepreneurs, looking to take on a range of skills and quickly will learn much from the entrenchment principles expounded here.

Unfortunately, the book soon dispenses with the homilies and is mostly spent teaching a variety of skills, from yoga to computer programming. Brilliant if that's what you want to learn but if you wanted to learn the ukele, my guess is you'd another book. **GB**

Learning vital lessons

TRAINING

Rob Virtue
@wharf.co.uk

DOZENS of young people in Tower Hamlets gave up a week of their summer holidays to return to the classroom for extra lessons.

Perhaps inspired by business shows *The Apprentice* and *Dragons' Den*, the 40 students from across the borough visited Mulberry School for Girls and learned customer relations skills, craft skills and gained understanding on profit and loss, before putting their new-found knowledge to use.

They made celebration cards, photo frames, key rings, cupcakes and bundles of sweets and sold them to staff in the Canary Wharf offices of



Students Helen Kabir, left, and Radia Begum, with Bank of England volunteer Dawn Khajadour, taking part in a summer school

Clifford Chance and Bank of America Merrill Lynch. It saw £800 raised for charities, the Teenage Cancer Trust and Richard House Hospice.

Cathy Jones, head of community outreach at Clifford Chance, which matched the amount the students raised at the law firm, said: “This kind of event helps to develop the ‘soft’ skills with which many young people struggle – how to approach and speak to someone you don’t know, to explain quickly and articulately what you are doing, to be polite and enthusiastic at the same time.

“It was really satisfying to see the students grow in confidence over just a couple of hours from initially setting-up their stalls.”

Following the sales they then gave a pitch to a panel of top executives.

The event was run by the Tower Hamlets Education Business Partnership.

Hitting back against insurance fraudsters

YOUR MONEY

The annual value of fraudulent claims uncovered by insurers broke through the £1billion barrier for the first time last year.

According to the Association of British Insurers (ABI), an average 2,390 frauds, worth a total of £21million, were exposed every week in 2012.

Some of the most notable scams that came to light included a man who downloaded pictures of a wound he found on the internet. Suspicions were also raised about a bus accident when more people made a personal injury claim than the vehicle could have carried.

Ultimately we are all victims of



such insurance fraud – exaggerated and made-up claims are estimated to add £50 a year to everyone's annual total insurance bill.

But Nick Starling, the ABI's director of general insurance, says that it has “never been harder” for fraudsters to get away with it. The industry body adds that the detected scams reaching £1.1billion last year

reflects how many high-value frauds committed by organised criminals are being uncovered.

These include “crash for cash” incidents, where car accidents are deliberately staged, sometimes with the fraudster deliberately slamming on their brakes in front of an unsuspecting driver. Dishonest motor claims were the most costly last year, with £614million of fraud uncovered.

The insurance industry's fight-back has been helped by the launch of two new bodies.

First is industry-funded agency the Insurance Fraud Bureau, which disrupts organised motor insurance scams and is helping police forces to break up scores of criminal gangs.

In addition, the City of London Police's new Insurance Fraud Enforcement Department has already investigated millions of pounds worth of scams since opening in January last year.

There are signs that these actions are already having an impact in helping hard-pressed drivers. Recently-released figures showed that the cost of car insurance across the market has dipped by record levels.

The typical quote for comprehensive car insurance has fallen to just under £595, AA Insurance said showing a 9.8 per cent year-on-year drop. This is the biggest decrease since its records began in 1994.

Vicky Shaw

Business Traveller

News, tips, gadgets etc

CityJet to scrap Edinburgh service

FLIGHTS CityJet flights linking London City Airport to Edinburgh will be scrapped in October.

The regional airline, which has operated the route for the past six years, said it was no longer “a commercially viable option”.

The four daily flights between the Newham airport and the Scottish capital will be axed after October 26.

Frequent users of the route are left with the option of flying to and from the same airports with British Airways.

A statement released by CityJet said it had been a “difficult business decision” for the firm.

It said: “Following a significant period of consultation, it has been decided that the route is no longer a commercially viable option for the airline.

“Flights will not operate and seats will no longer be bookable after October 26.”

Southend tops passengers' poll

AIRPORTS London Southend Airport has been named best in the country by passengers surveyed by Which?

The Stobart-owned hub was given an 84 per cent satisfaction rate with customers praising speedy check-ins and arrivals.

Operations director David Lister said: “This is wonderful news and testament to all the hard work that the team here at London Southend has put in.”

London City came fourth in the survey with a 77 per cent satisfaction rating while the capital's big airport fared worst. Heathrow's terminals One, Three and Four occupied three of the top five lowest rankings. Luton came bottom.

LondonEYE



TOBY MELVILLE



HE'S BACK Chelsea's manager Jose Mourinho reacts during their Premier League match against Hull City at Stamford Bridge on Sunday. The returning manager received a rapturous reception and the crowd saw Chelsea win 2-0.

ANDREW WINNING



EATING YOUR WORMS

Stan Knight, age nine, poses for a photograph as he eats a barbecued mealworm at a pop-up restaurant in London on Friday. The restaurant, set up by pest control company Rentokil, offered edible insects and pigeon burgers.

NEIL HALL



STUCK ON YOU

Police remove an anti-fracking activist who had glued himself to the headquarters of Bell Pottinger, the PR firm used by energy company Cuadrilla in London on Monday. The protest coincided with demonstrations in the tiny village of Balcombe as demonstrators blocked roads near an oil exploration site in protest at the drilling process to extract shale gas, known as fracking, run by Cuadrilla Resources.

STEFAN WERMUTH



DREAM DEBUT England's Rickie Lambert celebrates scoring against Scotland during their international friendly soccer match at Wembley Stadium in London. It was Lambert's first touch in an international match, which England went on to win 3-2.

SUZANNE PLUNKETT



FACE VALUE

A One Direction fan waits for the premiere of the film *One Direction: This is Us*, in London on Tuesday. The film is an all-access look at the band's life on the road.

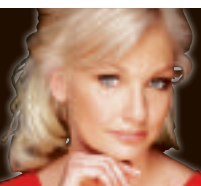
Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro



AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

I know you're nervous about the future, Aquarius, and I'm happy that you are finally taking your life seriously. You've really been treading water lately.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Don't be afraid of confrontation today as the stars will enable you to deal with anyone you meet. A new attraction looms if you're willing to bend.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

What doesn't kill you makes you stronger and, look, you're still here. From today, try to find confidence in the fact that you're moving on with life.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

Stop and listen to other people's requests rather than just spending time talking about your own problems. Now's the chance to join forces.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Watch your spending this week, Gemini. There are many reasons you'll want to have some money in the bank later this month, so keep a mature head on.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

Try to work out a better schedule for yourself, Cancer, as things suggest you're running yourself into the ground. Good news in the family helps.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Don't try to rush through life today but take your time and take in all that's going on around you. You can afford to read between the lines.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

You have so much pent-up emotion that it's hard for you to see the wood for the trees. Relationships in the family will improve very soon.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Stop worrying about things you have no control over and work on what you can do to improve your life. The first step has to be getting rid of the chaff.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Start every conversation with new faces with positive sentences and you'll send out positive vibes. Working on how you look is a top priority.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Conversations that you play a part in could see you making friends in high places. You have the gift of the gab, Sagittarius, so use it to succeed in your career.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

You're in shock, Capricorn, like you've heard some news that has rocked your world. Take in and digest news carefully this week. Make good decisions.

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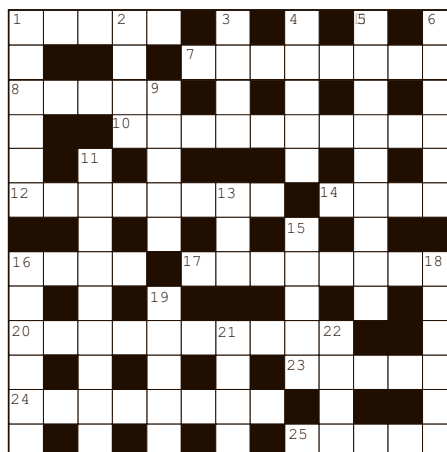
of this famous – and temporary bald – action hero who stars in *Elysium*.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is August 30, 2013.

You must include your name and postal address.



Crossword



ACROSS

1. Make amends (5)
7. Mechanic (8)
8. Amphibians (5)
10. True love (10)
12. Period of 366 days (4,4)
14. Raised area of land (4)
16. Redecorate (4)
17. Disparage (8)
20. Interesting, significant (10)
23. A planet (5)
24. Stool pigeon (8)
25. Distinctive smell (5)

DOWN

1. Cunning, tricky (6)
2. Signals agreement (4)
3. Poker stake (4)
4. Easy to lift (5)
5. Hit back (9)
6. Cruel, vicious (6)
9. Swings to and fro (5)
11. Garden plant (9)
13. Mimic (3)
15. Flexible, supple (5)
16. Rank or sour (6)
18. One of two (6)
19. Scimitar, say (5)
21. Ridge of coral (4)
22. Three feet (4)

ACROSS: 1. Atone; 7. Engineer; 8. Toads; 10. Sweetheart; 12. Leap year; 14. Hill; 16. Redo; 17. Beltite; 20. Noteworthy; 23. Earth; 24. Informer; 25. Odour. DOWN: 1. Artful; 2. Nods; 3. Arney; 4. Light; 5. Rethall; 6. Brutal; 9. Sways; 11. Candyfuff; 13. Ape; 15. Lithe; 16. Rancid; 18. Handic; 19. Sword; 21. Reef; 22. Yard.

Sudoku

EASY

	7	8	1	5	4	3	6	
2		4	3	9		7		
3	6	1			8		4	
	3	5	4	7			2	6
	2	9		8		4	3	
7	4		2	1	3		5	8
4	9	2				8	1	3
5	1	7				6	9	4
		3	9		1	2		

HARD

		3	7			6		
4	2					8		
				9	8			
	9	5						
		4		3	6			
			1					4
3	1		6		7			8
	5	7		2			1	
				1		7	5	

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net. For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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THE FANS' ROAR

By Ian Toal

Lomas must act quickly to end nightmare

Millwall Supporters Club
millwallsupportersclub.co.uk

I had a nightmare last night. I dreamt West Ham were flying in the Premier League and Millwall were bottom of the Championship having lost every game without scoring a goal.

Of course, it wasn't a nightmare but the horror the Lions are facing after a third league defeat, this time at home to Huddersfield Town.

True, it wasn't the worst performance we have put in at home in the past couple of seasons and their keeper made a couple of smart stops, but they only came from half chances as we again failed to create clear scoring opportunities.

We also again failed to keep a clean sheet meaning we are now the only team in the division without a point.

Despite our supporters speaking sense and telling dissenters they need to give Lomas time to turn things round, with every defeat the number of doubters will grow.

This is not the start the board of directors expected.

“At this time even a goal and a point would be welcome

And things are set to get tougher as we have a lot of away matches

coming up, including the next three fixtures at Sheffield Wednesday this Saturday in the league, Nottingham Forest in the League Cup on Tuesday night and then Brighton the following Saturday.

At this time, even a goal and a point would be welcome in these matches.

Maybe we need to sneak a draw to stop the rot first and get us off the mark. We have an almost fully fit squad to choose from now, with just goalkeeper David Forde and midfielder Liam Trotter not in full training.

That said a few players are only just back from injury and are short of match fitness, which seems to be showing on the pitch. This needs to be corrected quickly by the fitness and coaching staff.

At the same time Lomas needs to work out his best team. You cannot compare managing St Johnstone in the Scottish Premier League to managing Millwall in the Championship.

We don't have time to wait for Lomas to make his mistakes and learn with us.

We need points quickly before our confidence is shot to bits. Sheffield Wednesday v Millwall, Saturday, 3pm.

Paul overcomes his paralysis to triumph

CHALLENGE

Iron man walks, cycles and climbs his way through gruelling challenge

Rob.Virtue
@wharf.co.uk

With shins bloodied and bandaged, Paul Stewart strode manfully over Greenwich Park, ever closer to his next finishing line.

Last Friday, the 32-year-old – paralysed following a 200ft fall in the Alps four years ago – was approaching the end of an Iron Man challenge comprising a 2.4-mile swim, 112-mile cycle and an arduous 26.2-mile walk.

This Tuesday, Paul, who has raised over £330,000 for spinal charities, rounded it off by climbing the mountain that broke him during the ill-fated snowboarding trip.

“It's killing me, it really is,” he said, on Friday when *The Wharf* caught up with him during the final part of his walk. “But I've had tremendous support from everyone and I'm comforted by the fact I'm reaching the end.”

“Yesterday was worse. I was in so much pain but didn't have the thought that it was the last day.”

He reached Canary Wharf on Thursday night during his cross-London trek. Friday saw him go from South Quay, through Greenwich Foot Tunnel and into the park, before heading over to Charlton to the Woolwich Ferry and then to his final destination, London City Airport.

A short rest followed, before he took off on Monday to France, and then headed to La Plagne in the Alps.

There he was joined by the same three friends who were with him when tragedy struck and the group were hit by an avalanche.

The others survived unhurt but Paul, then a professional hockey player, badly broke his vertebrae.

Doctors told him he would never walk again. However, with painful rehabilitation, he now has feeling in



Paul walks through central London with supporters in tow

the top half of his legs. He uses his upper body strength and his thighs to propel his lower legs. Each step is painful. During the challenge, two of his leg braces have snapped under the pressure. Thankfully he brought replacements.

“My shins are quite badly cut and that's what's worrying people because I can't feel it, so it's bandaged up quite heavily, but the plates put in my back are really hurting,” said Paul.

“I'm sorry. Every day has had fantastic moments and the end of every day's walk is tremendous but you've caught me at my lowest ebb.”

“I just keep thinking I shouldn't be

doing this. I'm not designed for this. But it's what this represents that has kept me going.”

“I'm walking through the streets of London when I should be going through it on wheels. I'm not doing this for me though – if I can help one person overcome their disabilities or problems through this then I've achieved something.”

The money – Paul wants to raise £400,000 in total – will go towards charities Spinal Research and Wings For Life, which help those with similar injuries to him.

During the two-week challenge celebrities such as sports presenter Clare Balding, jockey AP McCoy and horse trainer Paul Nicholls have joined him on the journey to help keep his spirits up.

Paul reached the summit of the mountain on Tuesday lunchtime, marking the end of an inspirational journey. But as he told us last week, it was a daunting task.

“We've had to change the plan because of dangerous rocks in the middle of the mountain. So instead I'll be starting at the top, descending 400ft and then going back up 400ft, which is going to be tricky, but I'll think about that over the weekend. I just hope I can do it.”

And he did.

To support Paul go to ironspinechallenge.com.

WEST HAM



Target man? Fabio Quagliarella

Irons lack of striker may start to tell

AS PERSUASIVE as West Ham's win over Cardiff was, it did expose the Irons need for a striker.

Both Matt Jarvis and Stewart Downing laid on impressive crosses but often came unstuck without a target man – such as the sidelined Andy Carroll.

Manager Sam Allardyce was to the point. “We have no budget,” he said. But an over-packed midfield might provide an answer.

Co-owner David Gold added: “I think it's clear we are still short of a striker. David Sullivan agrees with that, Sam agrees with that, but until we release those wages by players leaving, there is little we can do.”

If Allardyce needed persuading to off-load then Juventus forward Fabio Quagliarella might be the incentive. Juve are similarly stuffed with riches and have offered the 29-year-old to West Ham. A loan deal with an option to buy may not be enough as the Italians want cash for the £7million rated international.

Meanwhile, West Ham head up to beleaguered Newcastle for their first away match, meeting the Magpies who suffered a 4-0 defeat against Manchester City. Newcastle v West Ham, Saturday, 3pm.

CHARLTON

Cousins is pushing for first start

AFTER finally getting their first point of the season last Saturday, Charlton will be hoping they can register a win against Doncaster Rovers this weekend.

One man pushing for a start is youth product Jordan Cousins, who scored a debut goal in the 2-2 draw against Barnsley last weekend.

Praising him manager Chris Powell said: “I've put a lot of faith in him, he's shown he can handle this. He's a player with a lot of promise, he's adaptable so I put trust in him and he helped solidify the midfield.” Charlton v Doncaster, Saturday, 3pm

Weekend Flutter

RACING

■ With ground on the Knavesmire likely to be on the quick side this Saturday, **Steps To Freedom** looks good each-way value in the Ebor Handicap, at York. Jessica Harrington's charge was beaten just over three lengths in this race last year, but has the benefit of running off a 6lb lower mark this time around and looks a big price at 25-1.

Ed Quigley

FOOTBALL

■ Chelsea eased off during the second half of their 2-0 victory at home to Hull but the Tigers showed enough to suggest they can grab their first win when Norwich visit the KC Stadium this weekend. The Tigers improved after new arrivals Tom Huddlestone and Jake Livermore entered the fray at Stamford Bridge and should edge the Canaries.

Daniel Childs

RACING POST

For daily expert advice, tips and the latest news from our experts go to racingpost.com

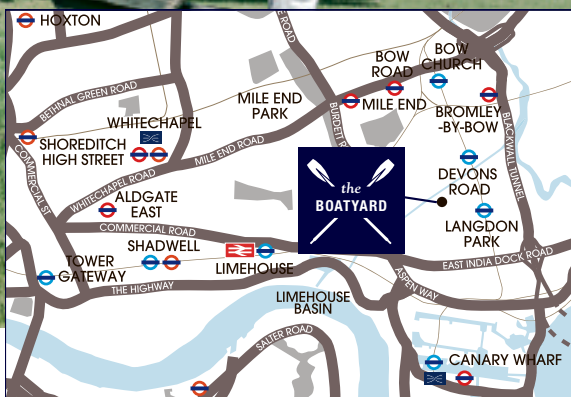


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PROPERTY

Wharf

Canary Wharf's leading property guide



Unable to escape? Get exotic in your home

P17

Heading to Kent for a dose of real rural bliss

P16

3

of the best properties available in Docklands

P14



Focus: Moving away from the big smoke

We survey a few options for going beyond the city limits **Pages 14-16**



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Guide: £599,950

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Spend less



Guide: £285,000

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A split level maisonette in great condition. This two-bed is close to Lewisham and Blackheath rail stations

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For more properties on sale now in London, go to stirlingackroyd.com

The spacious interior of the £1million penthouse which has three bedrooms and a terrace



Hop on a train and be by the coast in an hour

Try Brighton and get twice as much space for the cash you'd spend in city

Kay Lockett
@wharf.co.uk

Brighton is most definitely the place to be when seeking a home town to commute to London from," said Libby Johnson from Winkworth's Brighton and Hove branch.

"With more reasonable property prices, the amazing community ambiance and perks of being close to the capital, it is easy to see why the town's dynamic, vibrant and animated lifestyle appeals to so many."

Just under two miles from Brighton train station, which has excellent links to London Bridge, is a modern three-bedroom penthouse apartment with a sea view.

The property is situated opposite Sussex Cricket Ground and is a perfect home for entertaining, complete with open plan living, wrap around terracing and parking for up to three vehicles.

Helping to create a feeling of open space there is an automatically controlled roof window and an office space neatly tucked away, walnut flooring, neutral décor and plenty of light. The master bedroom suite boasts custom fitted cupboards, double aspect windows, direct access to the terrace



The low rise Visage development in Brighton

and en-suite with a walk in jet shower. There are two further bedrooms with access to the terrace and a further bathroom.

Libby said on average, 80 per cent of Winkworth's buyers in Brighton were from London, with 20 per cent

moving locally. She believes many relocate to the area as Brighton is the perfect middle-ground between city and country living.

The town itself has a lot going on and a vibrant culture akin to London but has the benefit of the coast and

W Is it practical for city commuters?

"There is the added benefit of being able to get to London in just over an hour making the commute manageable."

Libby Johnson

countryside on your doorstep, giving people the opportunity to experience the best of both worlds.

She said: "There is of course, the added benefit of being able to get to London in just over an hour, making the commute manageable Monday to Friday."

"Property prices are lower than the capital too, and with a high calibre of properties available, it gives buyers the chance to get more space for their money. In fact, local prices per sq ft are 50 per cent less than in London."

Figures from Winkworth show that last year most property sales in Brighton involved flats, which sold for an average of £215,782.

Terraced properties sold for an average of £351,545, while semi-detached properties fetched £360,353.

During the last year, sold prices in Brighton were four per cent up on the previous year and four per cent up on 2010, meaning that those who look to move for a better lifestyle will likely also benefit in investment terms too.

Penthouse Visage is priced at £1million.

For more information call 01273 772 175 or go to winkworth.co.uk.



The Gothic splendour of some of the flats at The Galleries is unmatched in London for the prices buyers are paying in Brentwood

Improved transport link drawing buyers

Head out to **Brentwood** to exploit benefits of Crossrail in investment and time saved

Rob.Virtue
@wharf.co.uk

NOW might be a good time to invest in the eastern section of Crossrail.

Property prices are set to rise 20 per cent in suburban areas along the route. The reason is obvious. Enjoy life outside the big city with a much reduced commute.

Brentwood is one area set to see an upward trend on prices by the time the route launches in 2018, enjoying 12 trains an hour to Stratford and Liverpool Street during peak times.

Currently Liverpool Street is 30 minutes from Brentwood but that's set to drop under Crossrail.

Situated just a mile from Brentwood station, City & Country development The Galleries is ideal for couples and professionals looking for good transport links in a picturesque area.

Helen Moore, managing director of City & Country, said the company had noted an increase in interest.

"Crossrail will provide excellent transport links into London greatly reducing the commute time," she said. "Brentwood station is also undergoing refurbishment which is an additional benefit to the residents living at The Galleries, a

number of whom regularly travel into London for work or pleasure.

"We have received an increase in inquiries from those looking to buy now in order to benefit from the long term capital growth potential and we expect this number to rise even further as people see the works unfold."

The development was launched in 2006 and the Galleries is now half sold.

Apartments start at £255,000, rising to £950,000.

Phases completed include a Grade-II listed former Victorian mental asylum, as well as spacious apartments in Nightingale Court and Albert Court.

Ms Moore added: "The Galleries has proved popular to a wide range of buyers from young professionals, couples and investors to first time buyers and downsizers and this has contributed to its sales success.

"Our focus is to provide high quality homes which complement the existing building. Our expert team creates homes which offer luxury living combined with history and heritage, a strong appeal for purchasers who want something different when buying a new home."

Go to the-galleries.net.

Essex options / Page 16



Interiors at The Chapel at The Galleries blend original features with beautifully realised modern touches



Scheme wins independent accreditation

As a constant advocate for greater industry regulation, I have some exciting news to impart.

The Property Ombudsman last week became the first organisation in the sector to have a code of practice approved by the Trading Standards Institute.

The ombudsman is the largest organisation to be accredited through the Consumer Code Approval Scheme since its launch after Trading Standards officially approved its sales regulations, which nearly 12,000 agents have already signed up to.

TPO is also the largest scheme of its kind in the UK and has more than 22,000 registered agents.

Trading Standards' Consumer Code Approval Scheme replaces the Office of Fair Trading scheme and enables agents to offer



Consumers can look out for this logo, only displayed by TPO agents

enhanced consumer protection, with 26,530 traders already signed up to one of the ombudsman's 10 codes of practice.

TPO sales agents will now be able to display Trading Standards' Approved Code logo in their advertising, branches and within company literature to enforce their message.

They will also be listed on a dedicated database at tradingstandards.gov.uk.

The sales code is a recognised set of standards throughout the industry but it is important that it is also seen as being independently approved by a credible organisation.

This latest news means agents who are members of TPO actively offer the highest level of consumer protection available for buyers and sellers.

The scheme received the Government's official backing from consumer minister Jo Swinson who said it would boost consumer confidence in agents and encourage economic growth.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.

Scheme aimed at those with kids or keen to start a family



A typical interior at Crest Nicholson's The Hollies

FACTFILE

The Hollies

- A collection of 60 two and three-bedroom cottages and four-bedroom family homes.
- Properties comply with the Code for Sustainable Homes Level 4 and have a 10-year National House Building Council (NHBC) warranty.
- All fixtures and fittings are new.
- For commuters, Maidstone and Ashford are close by on the M20 and Harrietsham Train Station offers a direct service to London Victoria, which takes just over an hour.
- Ashford International Station, a short drive away, has a High Speed rail link to St Pancras taking 36 minutes.
- The Hollies launched for sale in mid-May and a selection of three and four-bedroom homes are still available to buy.
- A new selection of two-bedroom cottages will be on the market in the next few weeks.
- Guide prices start from £285,000 for a three-bedroom house and £360,000 for a four-bedroom house.

Idyllic Harrietsham delivers rural bliss for Londoners who want to escape City

Beth Allcock
@wharf.co.uk

Rural village life is at the heart of a new housing development that claims to offer "the perfect place to unwind" for busy Wharfes and City workers.

Boasting a collection of 60 two and three-bedroom cottages and four-bedroom family homes, The Hollies, in Harrietsham village near Maidstone, Kent, came onto the market in spring.

And if you crave green space and village life after office hours – within manageable commuting distance to E14 – it might be worth considering.

Annette Cole, sales and marketing director at Crest Nicholson Eastern, said: "We have a real mix of buyers at The Hollies but there is certainly strong demand from young professional couples who are looking for some weekend escapism when they buy their new home."

"The Hollies is the perfect place to unwind after a stressful week at work and for people with a young family or considering starting a family."

"The development offers an idyllic setting and has been designed to engender a real sense of community."

"It's ecologically rich too with mature trees, wildflower grasslands and a number of green, open spaces."



Crest's Annette Cole says The Hollies is perfect for Wharfes

What inspired the scheme's design?

"The development takes its inspiration from its perfect rural location with tree-lined avenues around a central village green and children's play area."

Harrietsham offers a range of amenities including a village pub, primary school, village hall and convenience store. And, with their traditional designs, the range of homes strives to complement the village aesthetic.

Annette said: "The development takes inspiration from its perfect rural location with tree-lined avenues

around a central village green and a children's play area."

"The facades feature a hand-picked palette of traditional materials, combining a mix of tile hanging, attractive brickwork and traditional timber boarding."

The North Downs is nearby, providing a haven for those with a passion for the great outdoors, and those young and old can enjoy exploring Leeds Castle just a short drive away. Shops, restaurants and leisure facilities are also within easy reach in Maidstone and Ashford.

Wharfes would only need to travel a further 30 minutes on the Tube from King's Cross St Pancras to reach the estate.

For further information call the sales team on 01622 235 593 or go to crestnicholson.com/thehollies.

ESSEX ON A BUDGET

Guide: £219,995

12 Kelvedon Close

A well presented two-bedroom end of terrace house in a popular location within St Martins catchment and within 1.4 miles of Shenfield mainline railway station for London Liverpool Street.

Accommodation comprises an entrance hall, a lounge/diner, a modern kitchen, two bedrooms and a bathroom fitted with a white suite. The property enjoys a good size garden. Local shops and public transport are close to hand. Go to beresfordsgroup.co.uk.



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Guide: £3,850,000

Forrae, Shenfield

This imposing 7,500sq ft property is situated in superb landscaped grounds of 0.83 acre in one of the most attractive positions on a popular private estate in Shenfield.

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If money is no object, this is a home of outstanding quality and design in an excellent location. Go to beresfordsgroup.co.uk.





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Want that faraway feel in your London home? **Gabrielle Fagan** finds a few pieces to liven up any neutral city pad



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Whiteways, SS8

£226,995



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Canvey Island 01268 510510

Bommel Avenue, SS8

Guide Price £250,000 - £260,000



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The Hollies

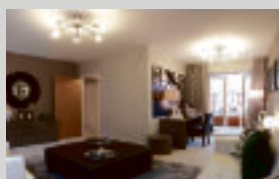
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Chase Evans



Pan Peninsula, E14 **£1,600,000 L/H**

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Pan Peninsula 020 7536 7900



Indecon Square, E14 **£610,000 L/H**

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St Davids Square, E14 **£575,000 L/H**

Three bedroom, two bathroom, ground floor apartment situated within this popular riverside development with 24 hour concierge and residents' leisure facilities. The property has been refurbished and benefits from a private terrace and underground parking space.

Docklands 020 7510 8444



Marner Point, E3 **£460,000 L/H**

Three bedroom, two bathroom apartment with private balcony on the tenth floor of this stylish tower ideally located next to Bromley by Bow tube station. High quality finishing throughout, 24 hour concierge service, residents' gymnasium and communal roof terraces.

Canary Wharf 020 7515 1000



Canary Central, E14 **£349,950 L/H**

Spacious one bedroom, third floor property with open plan kitchen and light reception with private balcony in the popular Canary Central development located within walking distance of Canary Wharf and offering 24hr concierge service, swimming pool, gymnasium, sauna and Jacuzzi.

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Fathom Court, E16 **£324,995 L/H**

Two bedroom, two bathroom apartment on the 5th floor of this dockside development. The property features an open plan kitchen with integrated appliances, en-suite bathroom in the master bedroom and a large wrap around terrace offering stunning views towards the marina.

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75 Leman Street, E1 **£795 pw**

Brand new, 5th floor, two double bedroom, two bathroom, designer furnished apartment located in this converted Edwardian office building with 24 hour concierge on the edge of the City. High specification kitchen and bathrooms, timber flooring and designer furnishing.

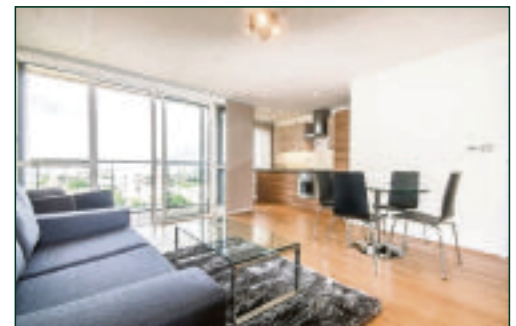
Docklands 020 7510 8444



21 Wapping Lane, E1 **£465 pw**

Two double bedroom, two bathroom, designer furnished apartment with wood flooring, well fitted kitchen with appliances and 24 hour concierge service. Ideally located just minutes away from St. Katherine's Dock and Tower Bridge for fantastic transport links.

Pan Peninsula 020 7536 7900



Panoramic Tower, E14 **£320 pw**

Brand new, one bedroom apartment with private West facing balcony, located on the fourteenth floor of this new development with concierge, residents' gymnasium, communal lounge and roof terrace just a two minute walk from Langdon Park and All Saints DLR stations.

Canary Wharf 020 7515 1000

Canary Wharf office

Horizon Building, 15 Hertsmere Road, London E14 4AW

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Docklands office

St Davids Square, 320 Westferry Road, London E14 3QL

Tel: 020 7510 8444 | docklands@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk

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Map not to scale. *Prices correct at time of going to print.

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The Boatyard

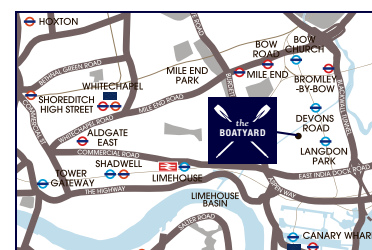
Limehouse, London E14



— 1, 2 and 3 bedroom contemporary apartments —

LAUNCHING SUMMER 2013**Register your interest today on: 0203 538 1851****www.theboatyardapartments.co.uk Prices from : £235,000****Prices correct at time of going to press. Map not to scale
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1, 2 & 3 bedroom apartments on the edge of Bartlett Park, just minutes from Canary Wharf and The City.



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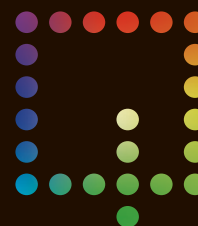
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St John Wharf, E1W

- Warehouse conversion
- Exposed brickwork
- Two bedrooms
- Two bathrooms

£850,000

S/O/F



Unicorn Building, E14

- Two bedrooms
- Third floor
- Balcony
- Secure parking

£369,000

Leasehold



Drake House, E14

- Triplex penthouse
- Three bedrooms
- Roof terrace
- Panoramic views

£1,250,000

Leasehold



Proton Tower, E14

- Two bedrooms
- West facing
- 24 hour concierge
- Balcony

£280,000

Leasehold



Dunbar Wharf, E14

- Two bedrooms
- River views
- Secure parking
- Two bathrooms

£640,000

Leasehold

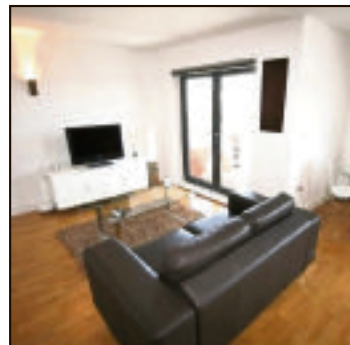


Adriatic Building, E14

- West facing
- Two bedrooms
- 24 hour concierge
- Balcony

£420,000

Leasehold



Reservoir Studios, Limehouse, E1W

- Large Studio
- Gated Development
- Fully fitted Kitchen
- Allocated Parking

£270 per week



Victory Place, Limehouse, E14

- One Double Bedroom
- Direct Marina Views
- Underground Parking
- Concierge

£365 per week



Berglen Court, Limehouse, E14

- 2 Double Bedrooms
- Popular Development
- Concierge
- Close to DLR

£425 per week



Times Square, Tower Hill, E1

- Two Double Bedrooms
- Modern Development
- 24 Hour Concierge
- Selection of Transport Links

£495 per week



Eaton House, Canary Wharf, E14

- Two Double Bedrooms
- Spectacular River Views
- Concierge
- Leisure Facilities

£750 per week



Tequila Wharf, E14

- One Large Bedroom
- Fully Furnished
- Portered Development
- Allocated Parking

£300 per week

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e docklands@hollandproperties.co.uk

t **020 7538 5554****Surrey Quays office**

192 Lower Road, Surrey Quays, London SE16 2UN

e surreyquays@hollandproperties.co.uk

t **020 7231 8160****Plate House, E14**

- Luxury one bedroom apartment
- Mezzanine bedroom
- 24 hour concierge
- Leisure facilities

- Private balcony
- Walking distance to DLR

£300 p/w**The Sphere, E16**

- Two bedroom apartment
- Three balconies

- Third floor
- Two bathrooms

- London skyline views
- 24 hour concierge

£297,500 Leasehold**Aragon Tower, SE8**

- Two double bedrooms
- Duplex apartment
- 24 hour porter
- Panoramic river views

- Tenth floor
- Great transport links

£370 p/w**Manchester Court, E16**

- Three bedrooms
- Rear garden

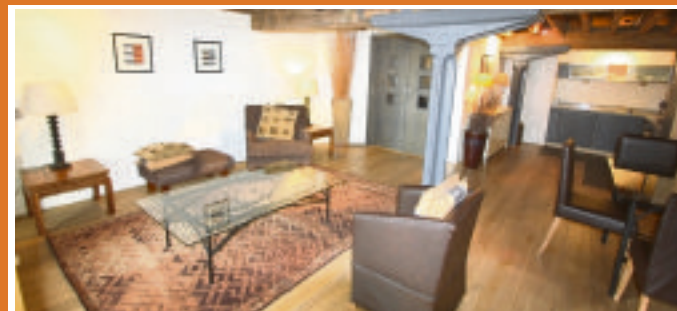
- Two bathrooms plus W.C.
- Terraced house

- Car port
- Walking distance to DLR

£395,000 Freehold**Telegraph Place, E14**

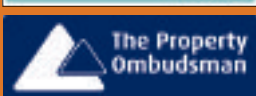
- Four bedroom house
- Offered furnished
- Large garden
- Parking

- Modern condition with laminate floors
- Short walk to Mudchute DLR

£550 p/w**Port East Apartments, E14**

- Very large one bedroom apartment
- Views of the dock and canary wharf
- 24 hour porter/ security
- Grade 1 listed warehouse

- Balcony
- Incredible location in Canary Wharf

£550,000 Leasehold**RESIDENTIAL AND COMMERCIAL PROPERTY CONSULTANTS****www.hollandproperties.co.uk**

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EPC D.

We are acting in the sale of the above property and have received an offer of £157,500.

Any interested parties must submit any higher offers in writing to the selling agent before an exchange of contracts takes place.

PUBLIC NOTICE

Spencer James are now in receipt of an offer for the sum of £170,000 for

Flat 7 The Renovation, 4 Woolwich Manor Way, E16 2GE.

Anyone wishing to place an offer on the property should contact Spencer James of 8 Hartlepool Court, Galleons Lock, E16 2RL on 0207 474 3636 prior to exchange of contracts.

**North Woolwich, E16**

- Offered Chain Free
- One Double Bedroom Apartment
- Partial River Views
- Open Plan Fitted Kitchen
- Energy Efficiency Rating C

£165,000 Leasehold**Galleons Lock, E16**

- Offered Chain Free
- Two Bedroom & Two Bathroom Apartment
- Views Over The Lock
- Communal Parking
- Close To Local Amenities

£235,000 Leasehold**Galleons Lock, E16**

- Rare Duplex Apartment
- Three Bedrooms & Two Bathrooms
- Separate Fully Fitted Kitchen
- Private Balcony Overlooking The Dock
- Street Parking

£330,000 Leasehold**Galleons Lock, E16**

- Two Bedroom & Two Bathroom Apartment
- Offered Chain Free
- Direct Views Of The Lock
- Off Street Parking
- Close To Local Amenities

£229,999 Leasehold**Galleons Lock, E16**

- First Floor One Bedroom Apartment
- Separate Fitted Kitchen
- Communal Parking
- 24hour On-site Security
- Close To Local Amenities

£210 PW Fully Furnished**Royal Quay, E16**

- Third Floor Two Bedroom & Two Bathroom Apartment
- Private Balcony
- Secure Underground Parking
- Close To Local Amenities
- Popular Development

£310 PW Fully Furnished**Greenwich, SE10**

- Available Now
- Two Bedroom Apartment
- Private Balcony
- Off Street Parking
- Close To Local Amenities

£325 PW Furnished Or Unfurnished**Royal Quay, E16**

- First Floor Three Bedroom Apartment
- Large En Suite Shower Room
- Fully Fitted Kitchen
- Private Balcony
- Secure Underground Parking

£395 PW Fully Furnished**Galleons Lock, E16**

- Available Mid-September
- Second Floor One Bedroom Apartment
- Semi Open Plan Fitted Kitchen
- Private Balcony
- Allocated Parking

£230 PW Fully Furnished**Galleons Lock, E16**

- One Bedroom Apartment
- Fully Fitted Kitchen
- Air Conditioning
- Large Rear Garden
- Close To Local Amenities

£230 PW Fully Furnished**Galleons Lock, E16**

- Two Bedroom & Two Bathroom Apartment
- Large Reception Room
- Open Plan Fitted Kitchen
- Balcony With River Views
- Secure Underground Parking

£290 PW Fully Furnished**Western Gateway, E16**

- Available Beginning Of September
- Two Bedroom & Two Bathroom Apartment
- Concierge 6 Days A Week
- Authentic Warehouse Conversion
- Close To Local Amenities

£360 PW Fully Furnished**Western Gateway, E16**

- Available Now
- One Bedroom Apartment
- Authentic Warehouse Conversion
- High Mezzanine Storage Area
- Allocated Parking

£330 PW Fully Furnished**Royal Quay, E16**

- Available Now
- Sixth Floor Two Bedroom Apartment
- Large Private Balcony
- Direct Marina Views
- Air Conditioning & Under-floor Heating

£300 PW Furnished Or Unfurnished**THIS WEEK'S LETTING
HOTSPOTS**This week we have registered
applicants looking to rent in:

Galleons Lock
Tradewinds Court
Capital East
Britannia Village

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Studio, Bethnal Green, E1
£277 pw

Student studio apartments located just less than 2 mins walk to station. All bills inclusive. Communal area with skyline views.



Parking Space, E14
£110 PCM

Secure underground parking nearby Central Canary Wharf within 5 mins walk away.

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Leman Street, E1
£923 pw

2 bed 2 bath luxury apartment set in a restored Edwardian building and finished to a high standard.



Beaufort Park, NW9
£170,000 - £320,000

Brand new Studio and 2 bed apartments with high standard facilities. Surrounded by Mediterranean style boulevard and landscaped grounds.



Warwick Road, W14
£1,200,000

2 bed 2 bath apartment located nearby Kensington High Street and multiple tube stations. Underground parking, Residents Gym.



London Yard, E14
£150 pw **FLAT SHARE**

5th floor apartment, with spacious living area, large kitchen. River views. Inclusive of bills, Fully furnished.

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Fairmont House, SE16

This is an absolutely stunning modern one double bedroom studio suite in Fairmont House, part of the Maple Quays at Canada Water. Situated on the ground floor. This luxurious apartment benefits from new fitted and integrated kitchen (integrated oven, hob, microwave, fridge freezer and dishwasher as well as a separate washing machine located in a separate laundry closet). The living room has its own spacious balcony overlooking The internal courtyard.

£320 per week - Studio



Prince Of Orange Court, SE16

A stunning one bedroom flat in a converted pub in the heart of Canada Water which is available now. The fantastic & spacious apartment boasts period features such as double height ceilings and enormous sash windows that have recently been refurbished.

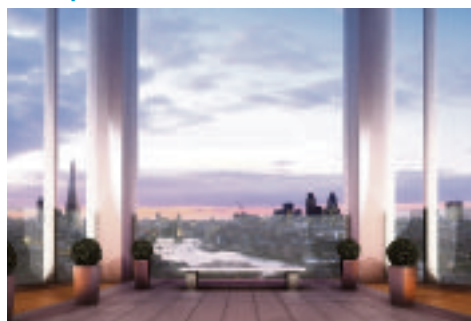
£325 Per Week - 1 bed



Nova Building, E14

A secure development with a 24 hour concierge and residents' leisure facilities. The apartment boasts beautiful wooden flooring and is offered furnished with fully integrated modern kitchen. The spectacular river views and great size accommodation mean that this property will not be available for long. The property also offers you parking and unrestricted use of the leisure facilities.

£350 Per Week - 2 bed



Ontario Point, SE16

This gorgeous property is brand new, and so you have the opportunity of being the first lucky occupiers in this sumptuous apartment. The property boasts stunning views over the city skyline including Tower Bridge, the Shard, The London Eye & Westminster, comfort cooling and under floor heating and is located on the 23rd Floor.

£600 Per Week - 2 bed



Victoria House, SE16

A Stunning Two Bedroom, Two Bathroom Apartment on the second floor of Victoria House, one of the last phases in the award winning Maple Quays Development in the heart of Canada Water. Available immediately and is offered newly furnished to an excellent standard. Call now to reserve this fantastic unit

£470 Per Week - 2 bed



Hawkes Place, SE16

An absolutely enormous and visually stunning three double bedroom, two bathroom town house in Canada Water. Recently renovated to a very high standard, this property is spread beautifully over three floors, and is less than five minutes' walk to Canada Water station.

£620 Per Week - 4 bed



Toronto House, SE16

A stunning one bedroom apartment located on the first floor of the Toronto House building part of the popular Maple Quays development on the doorstep of Canada Water station. Boasting approximately 550 square feet of space and furnished to a high standard. Available September 2013.

£365 Per Week - 1 bed



Renaissance, SE13

A spacious modern two double bedroom, two bathroom apartment in Venice Corte part of the highly desirable Barratt Renaissance developments at Lewisham. With wooden flooring throughout, a brand new fitted integrated kitchen, two generous double bedrooms and two bathrooms, this property is not to be missed!

£340 Per Week - 2 bed



Aragon Tower, SE8

A spectacular two bedroom apartment on the twelve floor of Aragon Tower, the sought after and award winning Berkeley Homes development situated on the banks of the Thames. The duplex apartment comprises of two good sized double bedrooms and boasts dual aspect views of the River Thames and Canary Wharf. Call now to arrange a viewing.

£385 Per Week - 2 bed

Unit 1 Toronto House | Surrey Quays Road | London | SE16 7AJ

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Hera Court, E14

£275,000 L/H

- One bed apartment
- Gated riverside development
- Allocated parking
- Mudchute DLR

EPC - C



Caspian Wharf, E3

£380,000 L/H

- Two bed, two bath
- 4th floor, Dual aspect
- Allocated parking
- Devons Road DLR

EPC - B



Landmark West, E14

£395,000 L/H

- One bedroom
- Balcony, 559sqft
- River/west facing
- 24hr Concierge & gym

EPC - B



Lanterns Court, E14

£392,500 L/H

- Selection of apartments
- New Development
- South Quay DLR
- Call for availability

EPC - TBC



Marine Wharf, SE16

£430,000 L/H

- Two bed, two bath
- Brand new apartment
- Residents Parking
- Canada Water Jubilee

EPC - TBC

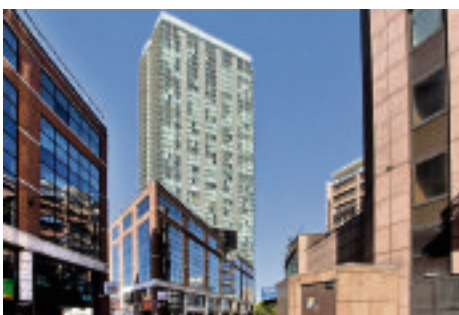


Forge Square, E14

£435,000 L/H

- 613ft² apartment
- One bedroom
- 5th floor, stunning views
- Immaculate condition

EPC - B



Landmark East

£470,000 L/H

- Investment Opportunity
- One bedroom
- 538sqft, 39th floor
- Achieving £21,320 pa

EPC - B



Anchorage Point, E14

£600,000 L/H

- Two bed, two bath
- Direct river views
- Allocated Underground Parking
- 24hr concierge, gym & pool

EPC - C



Wapping Lane, E1W

£645,000 L/H

- Two bed, two bath
- 912sqft, 8th floor
- Popular new development
- Completion Q1 2014

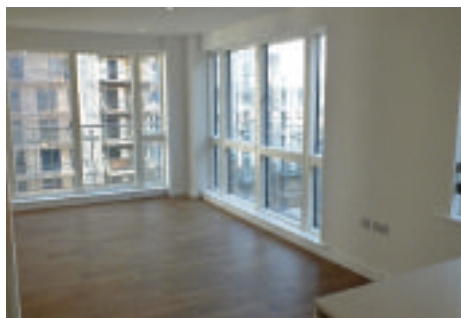
EPC - TBC



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Alboran Apartments, E3

£290pw

- One Bedroom
- Balcony
- Daytime Concierge
- Langdons Park DLR

EPC-C

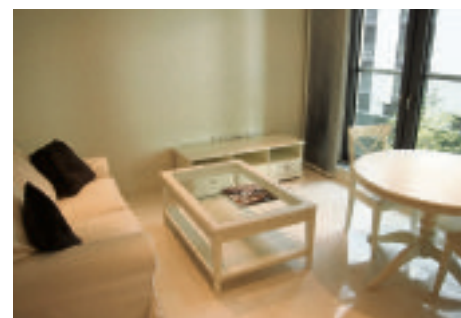


Indecon Court, E14

£300pw

- Brand new apartment
- One bedroom, Balcony
- 24hr concierge
- South Quay DLR

EPC-B



Baltimore Wharf, E14

£300pw

- Luxury Studio Suite
- Balcony
- 24hr Concierge
- Crossharbour DLR

EPC-B



Aqua Vista, London, E3

£360pw

- Two Bed, Two Bath
- Balcony
- Concierge
- Langdons Park DLR

EPC-C

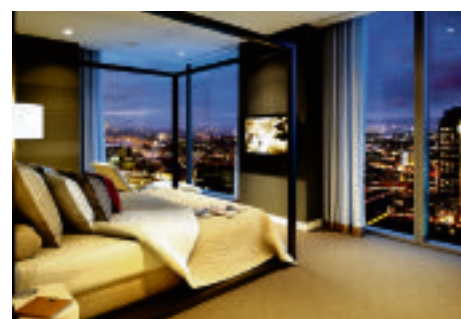


Hamilton House, E14

£420pw

- Two Bed, Two Bath
- Balcony
- Parking & Concierge
- Limehouse DLR

EPC-C

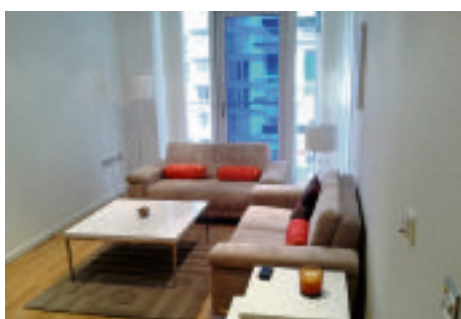


The Heron, EC2

£485pw

- Brand new studio apartments
- Comfort cooling and smart home technology
- Floors 7-30 with stunning views
- Fully furnished

EPC-TBC

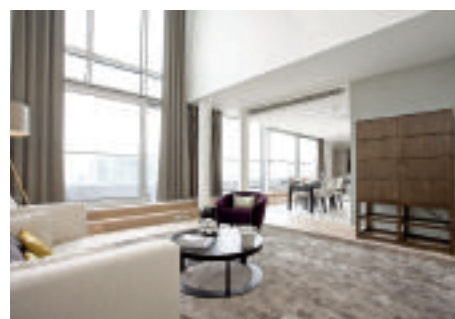


Ability Place, E14

£495 pw

- Luxury Apartment
- Two Bed, Two Bath
- Parking Included
- South Quay DLR

EPC-C



Baltimore Wharf, E14

£800pw

- Duplex penthouse
- Two bed, two bath
- Private Terrace, Dock views
- 24hr concierge & gym

EPC-B



The Heron, EC2

From £1500pw

- Luxury two bedroom apartments
- High Specification
- Located In The Heart Of The City
- 24hr Concierge and Leisure Facilities

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All of this involvement over the years has provided Alan Selby & Partners with a wealth of experience and knowledge of the area, as well as a very extensive marketing programme in both digital and printed publications. Accordingly, Alan Selby & Partners can offer quality advice and guidance, with the necessary market exposure to achieve the very best possible price for your property.

If you are looking to select an agent for the sale or rental of your home, please contact Alan Selby & Partners, the agent who has helped shape the London Docklands and continues to do so.

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Pan Peninsula, E14

- £314,995
- Studio suite
- Favoured North aspect
- 30th floor
- 24hr concierge
- Facilities & private cinema

EPC
Rating:
B



Seacon Tower, E14

- £499,995
- Two bedroom apartment
- Stunning views over London
- Excellent condition
- Leisure facilities
- Chain free

EPC
Rating:
C



Aegon House, E14

- £384,950
- Two bedroom apartment
- Sixth floor
- Secure underground parking
- Located close to Crossharbour DLR
- Chain free

EPC
Rating:
C



Arnhem Wharf, E14

- £464,995
- Two/Three bedroom apartment
- Ground floor
- Allocated parking
- 1000sq ft
- Gated development

EPC
Rating:
D



Brody House, E1

- £800,000
- Two bedroom apartment
- First floor
- City location
- Parking available
- Chain free

EPC
Rating:
C



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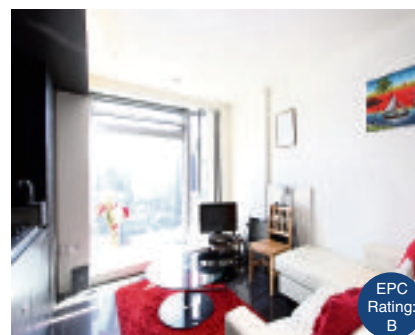
Aegon House, E14

- £330 Per Week
- Fully Furnished
- Underground Parking
- One Bedroom
- Eighth Floor
- Available September 2013



Ability Place, E14

- £345 Per Week
- One Bed
- Fully Furnished
- Balcony
- Leisure Facilities
- Available Sept 2013



Pan Peninsula, E14

- £335 Per Week
- Studio Apartment
- Fully Fitted Kitchen
- Views of Dock
- 24 Hour Concierge
- Available Sept 2013



The Heron, EC2Y

- £485 Per Week
- Island Suite Studio
- Prestigious Development
- 24 Hour Concierge
- Leisure Facilities
- Available Now



Lovegrove Walk, E14

- £465 Per Week
- Three Bedrooms
- Two Bathrooms
- Sought After Location
- Beautiful Views
- Available Sept 2013

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Wingfield Court, E14

£399,950 Leasehold

An 896sq ft 8th floor 2 bedroom 2 bathroom apartment in Wingfield Court in the ever-popular Virginia Quay development. The property benefits from far-reaching Easterly views, spacious rooms throughout, secure parking & 24 hour portage onsite. EPC Rating C



Cumberland Mill Square, E14

£625,000 Share of Freehold

An unusually large 3 bedroom 2 bathroom 3rd floor apartment with direct river views in the secure & quiet Cumberland Mills development located close to Island Gardens. Benefits from 24 hour portage, & parking. EPC Rating: C



West India Quay, E14

£975,000 Leasehold

A rarely available 25th floor 1350sq ft 2 bed 2 bath apartment in one of Canary Wharf's premier developments: No. 1 West India Quay. The property benefits from towering West-facing river & City views, secure parking & is offered chain free. EPC Rating: C



Landmark East Tower, E14

£1,699,950 Leasehold

A 3 bedroom, 2 bathroom penthouse presented on the 44th floor in this prestigious development. Measuring in excess of 1800 sq ft the apartment also features a south-facing balcony, towering views of the river & Canary Wharf & 2 secure parking spaces. EPC Rating: C

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Augustine Bell Tower, E3

£480 per week

A stunning penthouse apartment in this popular residential development close to Victoria Park and Bow Road tube stations. The apartment comprises 2 double bedrooms, 2 bathrooms, large reception with fully fitted open plan kitchen, private balcony boasting spectacular views of the City and a secure underground parking space. EPC Rating C



Begbie Road, SE3

£420 per week

A beautiful family home. The property comprises a large reception, generous fully fitted kitchen / diner which leads out onto the very large garden, 2 double bedrooms and 1 single bedroom, additional separate utility room and driveway parking. The property is conveniently located near the amenities of Blackheath and Kidbrooke. EPC Rating: E



Ability Place, E14

£370 per week

A modern one bedroom apartment in this popular South Quay development within walking distance of Canary Wharf and all its amenities. The apartment benefits from an open plan kitchen balcony from the reception and a high standard of fixtures and fittings. The development boasts 24 hour concierge and gym. EPC Rating C



Trafalgar Grove, SE10

£810 per week

A spacious town house in the heart of Greenwich. The property comprises four double bedrooms with fitted wardrobes, fitted kitchen with Bosch appliances throughout & granite work-tops, bathroom, two showers & a separate WC, hard wood flooring, car parking/drive way, a large patio and fully enclosed garden with shed. EPC Rating B

Belgrave Court, E14

£675 per week

A beautiful apartment in the prestigious Canary Riverside development 2 double bedrooms, 2 bathrooms, spacious reception room and fully fitted kitchen and private balcony. Canary Wharf and all its amenities are within a short walking distance of the development and close to Heron Quay DLR station and the development benefits from a 24 hour porter. EPC Rating B

Hanover House, E14

£375 per week

A fantastic one bedroom apartment in this very popular and prestigious development in the heart of Canary Wharf. The property is within walking distance of all Canary Wharf's amenities and comprises 1 double bedroom, spacious reception, separate fully fitted kitchen, bathroom and underground parking space. EPC Rating B

Pierhead Lock, E14

£420 per week

A modern apartment in this very popular riverside development close to South Quay DLR station. The property comprises 2 double bedrooms, 2 bathrooms, separate fully fitted kitchen and large spacious reception with private terrace overlooking the gardens towards the river. EPC Rating E

Coldharbour, E14

£599 per week

A stunning three bedroom split level apartment in this converted building. The building was originally the very first River Police Station in London and has many original features such as exposed brick work and wooden floors. The property comprises 3 double bedrooms (2 of equal size, one slightly smaller). EPC Rating D

Plymouth Wharf, E14

£370 per week

A recently refurbished apartment in this popular private residential development. The property benefits from 2 double bedrooms, 1 bathroom, spacious reception with access to a private balcony boasting direct river views. The development is located walking distance to Island Gardens DLR and the Greenwich Foot Tunnel. EPC Rating C

Cobalt Point, E14

£625 per week

A modern apartment in this brand new Canary Wharf development benefits from an open plan kitchen with direct access to a balcony, large bedroom with fitted wardrobes and a high standard of fixtures and fittings. Furnished to the highest standard the development benefits from a porter and is located walking distance to Canary Wharf and all its amenities moments from South Quay DLR. EPC Rating B

Dunbar Wharf, E14

£500 per week

A spacious apartment on the first floor of this very popular Limehouse development, Dunbar Wharf. The property comprises generous hallway, 2 double bedrooms, master with en suite bathroom and both with fitted wardrobes, large reception with separate fully fitted eat in kitchen, excellent storage and additional family bathroom. EPC Rating C

Jamestown Way, E14

£575 per week

A modern town house with direct views of the river and the O2. The property comprises 3 double bedrooms all with fitted wardrobes and additional study/small bedroom 2 with en suite bathrooms and master also benefiting from a balcony with the breathtaking views, large reception with balcony and large eat in kitchen with direct access to the private garden. EPC Rating C

KnightFrank.co.uk



Port East, Nr Canary Wharf E14

£1,250 per week

Three bedroom penthouse apartment situated in the heart of Canary Wharf in a portered warehouse development. 3 bedrooms, 2 bathrooms, reception room, kitchen, study, concierge. EPC rating E. Available furnished

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020 3641 6225 cwharf@knightfrank.com



Limehouse Wharf, Limehouse E14

£995 per week

Three bedroom apartment designed to the highest standard but retaining the warehouse character and features. 3 bedrooms, 3 bathrooms, reception room, open plan kitchen. EPC rating C. Available unfurnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Langbourne Place, Nr Canary Wharf

£825 per week

Three bedroom duplex penthouse apartment to let with a South West facing balcony and views towards the Thames. 3 bedrooms, 3 bathrooms, reception room, kitchen, concierge, parking. Available furnished

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New Atlas Wharf, Nr Canary Wharf E14

£750 per week

Spacious three bedroom apartment with large private terrace directly fronting the River Thames. 3 bedrooms, 3 bathrooms, reception room, kitchen, concierge, gym, parking. EPC rating C. Available furnished

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Belgrave Court, Nr Canary Wharf E14

£1,200 per week

Bright and spacious three bedroom apartment with large windows and amazing views. 3 bedrooms, 3 bathrooms, reception room, kitchen, concierge, parking, leisure facilities. EPC rating C. Available furnished

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Dundee Wharf, Limehouse E14

£925 per week

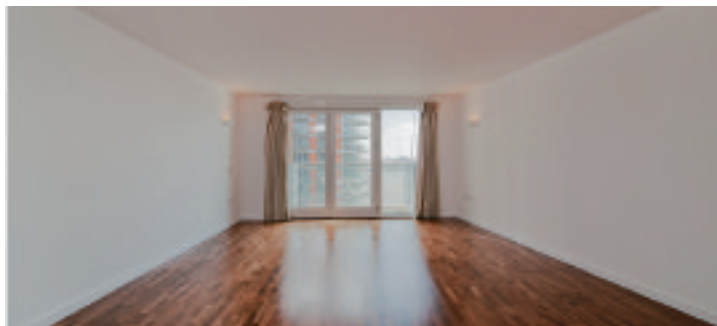
Seventh floor apartment boasting a large reception room with views across Canary Wharf. 3 bedrooms, 2 bathrooms, reception room, kitchen, concierge, leisure facilities, parking. EPC rating C. Available unfurnished

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New Providence Wharf, E14

£575 per week

Two bedroom apartment set within a luxury riverside development with views over the Thames towards the O2 arena. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, leisure facilities. Available unfurnished

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Arnhem Wharf, Nr Canary Wharf E14

£550 per week

Two bedroom duplex apartment to let with three balconies and river views. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating C. Available unfurnished

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Ocean Wharf, Nr Canary Wharf E14

£525 per week

Three bedroom apartment to let located close to Canary Wharf and local DLR stations. 3 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating C. Available furnished

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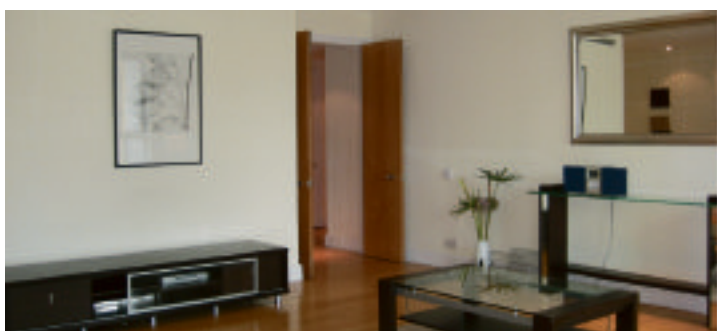
Hudson House, Bow E3

£510 per week

Three bedroom apartment located in a canal side development and close to Langdon Park DLR station. 3 bedrooms, 2 bathrooms, reception room, open plan kitchen. EPC rating B. Available furnished

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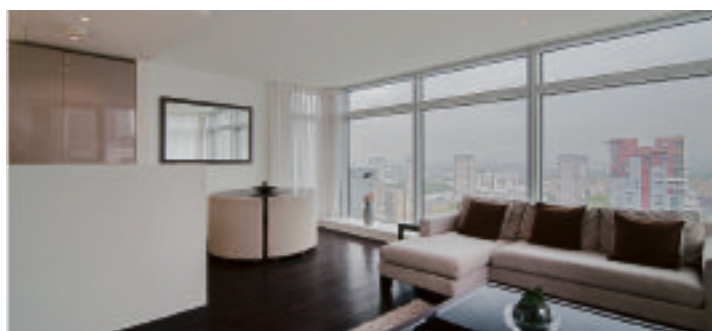
Berkeley Tower, Nr Canary Wharf E14

£750 per week

Two bedroom apartment to let in the prestigious development of Canary Riverside. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating B. Available furnished

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Pan Peninsula, Nr Canary Wharf E14

£600 per week

Modern two bedroom apartment to let located on the 21st floor. 2 bedrooms, 2 bathrooms, reception room, kitchen, balcony, concierge, leisure facilities. EPC rating B. Available furnished

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Port East, Nr Canary Wharf, E14

£495 per week

Two bedroom second floor apartment set within an impressive warehouse conversion. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, concierge. EPC rating E. Available furnished

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020 3641 6225 cwharf@knightfrank.com



West India Quay, Nr Canary Wharf E14

£500 per week

Unique one bedroom apartment featuring floor to ceiling windows with excellent views. Bedroom, bathroom, reception room, open plan kitchen, concierge. EPC rating B. Available furnished

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Apollo Building, Nr Canary Wharf E14

£475 per week

Two bedroom apartment to let located within the Odyssey development with balcony and river views. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, concierge, parking. Available furnished

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Vanguard Building, Nr Canary Wharf

£460 per week

A good size two bedroom apartment with balcony and river views. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, concierge. EPC rating B. Available unfurnished

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Chinnocks Wharf, Limehouse E14

£495 per week

Spacious first floor apartment set in a portered development on Narrow Street. 2 bedrooms, 2 bathrooms, reception room, kitchen, balcony, parking, river views. EPC rating C. Available furnished

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Berglen Court, Limehouse E14

£425 per week

Impressive two bedroom apartment to let in Limehouse located close to the DLR station. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking. EPC rating D. Available furnished

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Undine Road, Nr Canary Wharf, E14

£380 per week

Two bedroom house in a peaceful setting close to Canary Wharf with excellent transport links. 2 bedrooms, bathroom, reception room, kitchen, parking, garden. Available furnished

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Hudson House, Bow E3

£370 per week

Two bedroom apartment located in a canal side development close to Langdon Park DLR. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, porter. EPC rating B. Available furnished

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Hallmark Court, Limehouse E14

£350 per week

Well presented two bedroom apartment to let located on the Limehouse Cut canal. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, concierge, parking. EPC rating B. Available furnished

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Dundee Wharf, Limehouse E14

£385 per week

One bedroom apartment to let in a prestigious gated development with porter. Bedroom, bathroom, reception room, open plan kitchen, parking, gym. EPC rating E. Available furnished

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Forge Square, Nr Canary Wharf E14

£450 per week

Three bedroom apartment to let located on the Westferry Road under two miles from Canary Wharf. 3 bedrooms, 2 bathrooms, reception room, kitchen. EPC rating B. Available furnished

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Bartholomew Court, Nr Canary Wharf

£325 per week

Spacious one bedroom apartment to let in the sought after development of Virginia Quay. Bedroom, bathroom, reception room, kitchen. EPC rating B. Available furnished

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Gainsborough House, Nr Canary Wharf £440 per week

Fantastic two bedroom apartment in the sought after Canary Central development. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge. Available furnished

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Apollo Building, Nr Canary Wharf E14 £450 per week

Spacious two bedroom duplex apartment with large terrace ideal for entertaining. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, porter. EPC rating D. Available unfurnished

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020 3641 6225 cwharf@knightfrank.com



Eaton House, Nr Canary Wharf E14 £440 per week

Fully furnished apartment located within one of Canary Wharf's most prestigious developments. Bedroom, bathroom, reception room, open plan kitchen, concierge, parking. EPC rating C. Available furnished

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Port East, Nr Canary Wharf E14 £470 per week

Luxury one bedroom apartment with access to a private balcony from the reception room. Bedroom, bathroom, reception room, kitchen, parking, concierge. EPC rating B. Available furnished

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Langbourne Place, Nr Canary Wharf £350 per week

Two bedroom apartment situated in a quiet riverside development close to Island Gardens DLR. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge. EPC rating C. Available furnished

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Vicinity House, Nr Canary Wharf E14 £410 per week

Two bedroom apartment to let in the popular Storehouse Mews development. 2 bedrooms, bathroom, reception room, kitchen. EPC rating C. Available furnished

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Landmark West, Nr Canary Wharf E14 £395 per week

One bedroom apartment with floor to ceiling windows and excellent views of Canary Wharf. Bedroom, bathroom, reception room, open plan kitchen. EPC rating B.

Available furnished

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Wheatsheaf Close, Nr Canary Wharf E14 £370 per week

Two bedroom apartment located close to Mudchute DLR with quick access to Canary Wharf. 2 bedrooms, 2 bathrooms, reception room, kitchen. EPC rating C.

Available furnished

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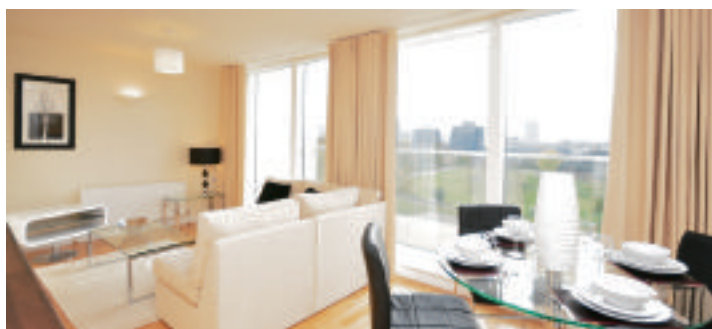
Forge Square, Nr Canary Wharf E14 £350 per week

Contemporary two bedroom apartment located on the Westferry Road close to Canary Wharf. 2 bedrooms, 2 bathrooms, reception room, kitchen.

Available furnished

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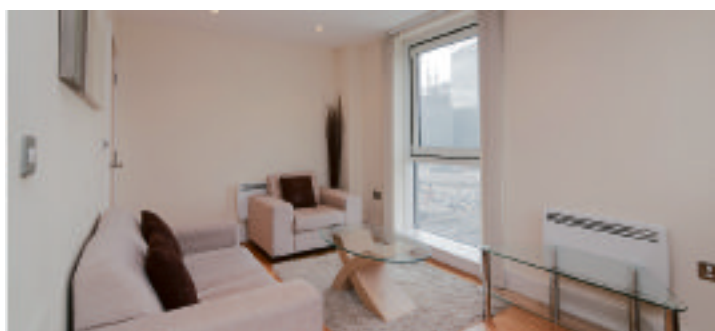
Hallmark Court, Limehouse E14 £350 per week

Well presented two bedroom apartment to let in Silver Wharf. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, parking, concierge. EPC rating B.

Available furnished

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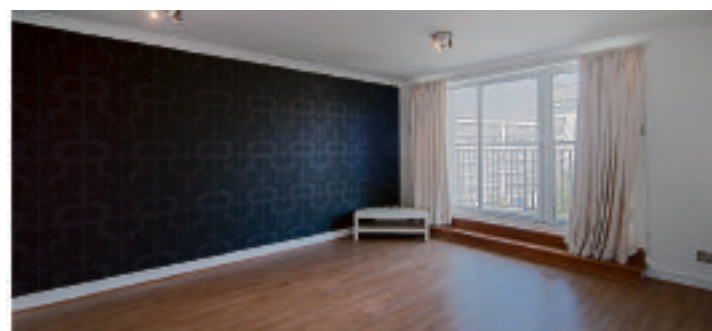
Wharfside Point, Nr Canary Wharf E14 £290 per week

Stylish high specification one bedroom apartment located close to Canary Wharf and transport links. Bedroom, bathroom, reception room, kitchen. EPC rating D.

Available furnished

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Bartholomew Court, Nr Canary Wharf £300 per week

Superb one bedroom apartment to let in a sought after private development. Bedroom, bathroom, reception room, kitchen, parking, communal gardens. EPC rating E.

Available furnished

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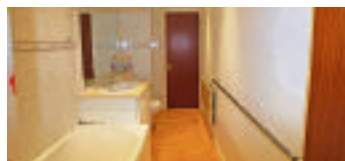


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Property Brokers

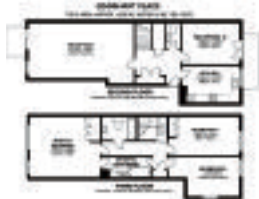
DOCKLANDS & CANARY WHARF



£400,000

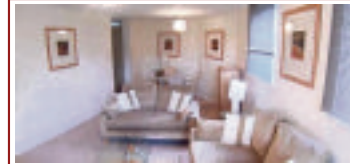
GOODHART PLACE, HORSEFERRY ROAD, E14

- * Four bedroom duplex apartment
- * Set over two storeys
- * Separate kitchen to living room
- * Two bathrooms
- * Furnished with parking
- * Circa 1,362 sq ft
- * Close to Limehouse Station



RESERVOIR STUDIOS, CABLE STREET, E1W £365 PW

- Two bedroom apartment
- First floor and furnished
- Separate kitchen and balcony
- Available Now



BASIN APPROACH, LIMEHOUSE, E14 £392 PW

- Two bedroom apartment
- Furnished with river views
- Close to Limehouse DLR
- Available 9th September



THE PANORAMIC, LONDON, E14 £285,000

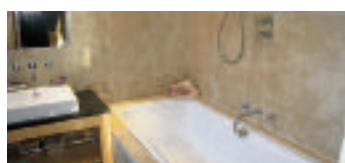
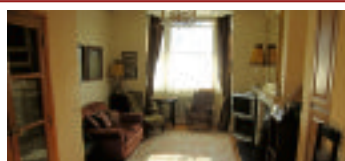
- Off Plan Opportunity
- One Bedroom Apartment
- 523 sq ft with balcony & city views
- Close to Langdon Park DLR



MILLHARBOUR, ISLE OF DOGS, E14 £365,000 - INVESTMENT ONLY

- One bedroom apartment
- Glass balcony w/river views
- Car parking included
- Close to South Quay DLR

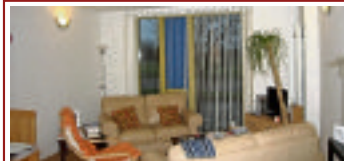
BLACKHEATH & GREENWICH



£737 pw - REDUCED

PARK ROW, GREENWICH, SE10

- * Four bedroom family home
- * Built over three storeys
- * Large separate reception
- * Two bathrooms
- * Private rear garden
- * Views over Greenwich Maritime
- * Minutes walk to Greenwich Park
- * Available Now



FARNSWORTH COURT, GREENWICH, SE10 £274 PW

- One bedroom apartment
- Furnished on first floor
- Floor to ceiling windows
- Available 4th November



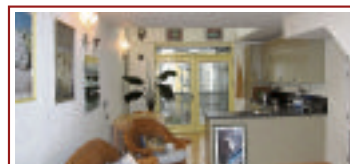
MAURER COURT, GREENWICH, SE10 £575 PW

- Three bed duplex apartment
- Suitable as a family home
- Own riverside entrance
- Excellent transport links



METCALFE COURT, GREENWICH, SE10 £389,994

- Three bed apartment
- 1st floor w/private terrace
- Open plan living space
- Car parking included



BECQUEREL COURT, GREENWICH, SE10 £419,999

- Two bedroom apartment
- Private roof terrace
- Open plan living space
- Excellent transportation links


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Dunnock Road, Beckton, E6

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- 3rd Floor
- Parking

£134,995 Leasehold



Sheerwater Road, Beckton, E16

- Two Bedrooms
- One Bathroom
- Terraced House
- Close To A13

£224,995 Freehold



Aegean Apartments, Excel, E16

- One Bedroom
- Fully Furnished
- 24hrs Concierge
- Available 01/09/13

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- Fully Furnished
- 14th Floor
- Bills Included

£315 Per Week



Tollgate Road, Beckton, E6

- Two Bedrooms
- One Bathroom
- 1st Floor
- Close To Local Amenities

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Wheatsheaf Close, Docklands, E14

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- Dock Views

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- Two Bedrooms
- One Bathroom
- 1st Floor
- Close To Local Amenities

£224,995 Freehold



Ontario Tower, Docklands E14

- Studio Suite Apartment
- 22nd Floor
- River Views
- 24hrs Concierge

£289,995 Leasehold



Apollo Building, Docklands E14

- Two Bedrooms
- Duplex Apartment
- Fully Furnished
- River Views

£400 Per Week



Studley Court, Virginia Quay, E14

- Two Bedrooms
- Fully Furnished
- 5th Floor
- River Views

£360 Per Week

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- One Bathroom
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- Modern Finishes
- Secure Entry
- Close to Transport Links


Antilles Court E14
£360 per week

- One Bedroom Apartment
- One Bathroom
- Direct Dock Views
- Newly Refurbished
- Close to amenities
- Modern Interior


Landmark E14
£370 per week

- One Bedroom Apartment
- One Bathroom
- Floor To Ceiling Windows
- South Facing
- 24 Hour Concierge
- Sixth Floor


Peninsula Court E14
£375 per week

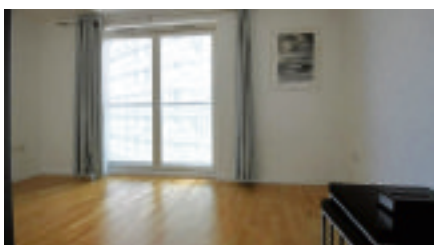
- One Bedroom Apartment
- One Bathroom
- Third Floor
- Contemporary Living
- Fully Furnished
- Ideal Location


Orion Point E14
£425 per week

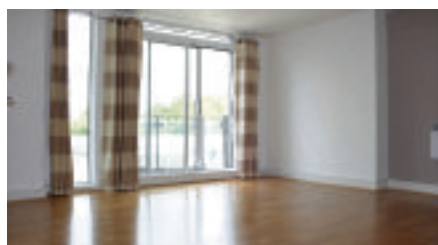
- Two Bedroom Apartment
- Two Bathrooms
- Leisure Facilities
- Private Balcony
- 24 Hour Concierge
- Stunning River Views


Millharbour E14
£440 per week

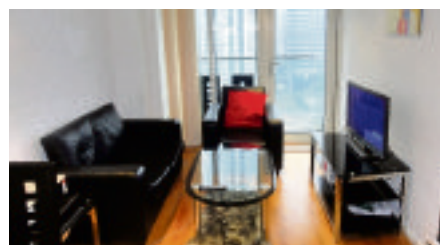
- Two Bedroom Apartment
- Two Bedrooms
- Private Balcony
- Modern finishes
- 24 Hour Concierge
- Fully Furnished


New Providence Wharf E14
£279,888

- Studio Apartment
- Thirtieth Floor
- Separate Kitchen
- Contemporary Fixtures
- Leisure Facilities
- 24Hrs Concierge


Docklands Court E14
£320,000

- Two bedrooms
- One Bathroom
- Private Balcony
- Triple Glazed
- Long Lease
- Close To DLR Station


Ability Place E14
£364,888

- One Bedroom Apartment
- Thirteenth Floor
- Two Private Balconies
- Canary Wharf Views
- 24Hrs Concierge Service
- Gym Facilities


Zenith Building E14
£429,950

- Two Bedroom
- Two Bathrooms
- Private Balcony
- Allocated Parking Space
- Sixth Floor
- Stunning Views


Cumberland Mills E14
£437,500

- Two Bedrooms
- Two Bathrooms
- First Floor
- Riverside Development
- Allocated Parking
- Share of Freehold


Discovery Dock E14
£579,888

- Two Bedroom Apartment
- Two Bathrooms
- South Facing
- Private Balcony
- Desirable Location
- 24Hrs Concierge

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£ 320 p/w



Canary Central · Lowry House E14

1 bedroom, 1 bathroom Apartment | Available Now | Balcony | Fully Equipped Gymnasium\ Jacuzzi\ Sauna

£ 340 p/w



The Landmark · West Tower E14

This particular apartment is positioned on the 8th floor and features floor to ceiling windows from both the bedroom and reception rooms providing serene and relaxing views onto the neighbouring docks and foot bridges leading into Canary Wharf, benefits ample storage, and is equipped with a fully integrated kitchen.

Asking Price £ 360,000.00



Lanterns Court · Cobalt Point E14

A fantastic one bedroom apartment within the ever popular Lanterns Court development ideally located in the heart of the Docklands. This 7th floor property benefits from a fully integrated kitchen, smart bathroom fittings, wooden flooring and ample natural light from the full height windows. This apartment also comes with secure underground parking. Leasehold

Asking Price £ 369,000.00



The Landmark · East Tower E14

1 bedroom, 1 bathroom apartment | Available Now | Near Heron Quay DLR| Walking distance to Canary Wharf | Allocated Parking

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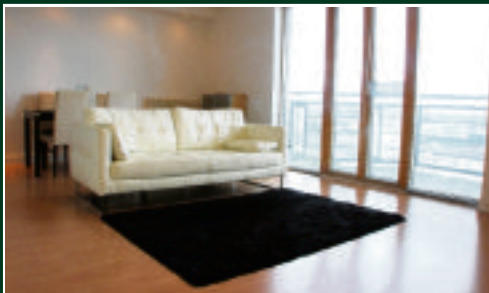
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